

Pan-fried Trout with Avocado Sauce



Serves 2 Prep 10 mins

Cooking 25 mins

Easy

Ingredients

1 small avocado
3 tbsp Greek yoghurt
1/2 lemon, zested and juiced
1 (15g) pack basil, half finely chopped
200g baby potatoes
1.5 tbsp avocado oil or olive oil, + 1 tsp
1 pinch sea salt, + a little extra
200g cherry vine tomatoes, halved or quartered
1 handful kalamata olives, pitted & halved (optional)
4 tsp balsamic vinegar
2 trout fillets

1. For the sauce, put the avocado flesh, yoghurt, lemon zest and juice and unchopped basil in a blender with some seasoning. Whizz until smooth, adding a little water to loosen if needed; season to taste, then chill until needed.
2. Boil the potatoes for 20 mins or until tender, then drain and toss with 1 tbsp avocado oil or olive oil, some sea salt and black pepper. Keep warm.
3. For the salad, combine the tomatoes, olives and finely chopped basil in a bowl. Toss with ½ tbsp avocado oil and the balsamic vinegar. Season.
4. Meanwhile, heat the remaining 1 tsp avocado oil in a frying pan over a medium heat. Season the trout with sea salt, then cook, skin-side down, for 5 mins until crisp; turn and cook for 3 mins more or until just cooked through. Serve the trout with the potatoes and salad, topped with the avocado sauce.