

## Sea Trout, Asparagus, Shrimps & Lemon



**Serves 2**

**Prep 10 mins**

**Cook 25 mins**

**Easy**

### Ingredients

350g Jersey Royals or small Charlotte potatoes - larger ones halved lengthways  
2 sea trout or salmon fillets, skin on but scales removed  
1 tsp vegetable oil  
25g unsalted butter  
1 tbsp finely chopped shallot

4 tbsp white wine (white Burgundy?)  
57g tub potted shrimps or peeled shrimps (you then need to add more butter)  
1 tarragon sprig, chopped  
juice of 1 lemon  
85g asparagus

### For the potatoes

1. Steam the potatoes for 15 - 20 mins, either using a steamer basket or a simple metal colander over a pan of boiling water, with a lid on top. Put 3 plates in a low oven to warm.
2. Slash the fish skin a few times, then season generously. Put a heavy-based frying pan over a medium heat, adding the oil once the pan is hot. Cook the fish, skin-side down, for 6 mins, until the skin is golden and crisp. Avoid the urge to move it about.
3. Season the fish on the upper side, then carefully turn the fillets using a fish slice or spatula. Cook for 2 mins more until the fish has changed from dark to pale pink all over, with a little blush remaining in the thickest part. Transfer to a warm plate. Wipe out the pan with kitchen paper.
4. Scatter the asparagus over the cooked potatoes, return the lid and steam for 2-3 mins until just tender.
5. Melt the butter in the frying pan and sizzle the shallot for 1 min. Splash in the wine, boil to reduce by half, then add the shrimps, tarragon and lemon juice to taste. Swirl the pan off the heat to melt the potted shrimp butter and make a buttery sauce, then season to taste.
6. Spoon the veg onto warm plates, drizzle with a little sauce, then top with the fish, the rest of the shrimps and the sauce.