

Trout with Lovage, Pea Purée & Crisp Spring Onions



Serves 4

Prep 30 mins

Cooking 30 mins

Challenge

Ingredients

2 rainbow trout, cleaned (± 340g)

1-2 tsp olive oil

handful lovage leaves

2 tsp butter

½ lemon, finely sliced

1 tbsp rice flour

1 lime, zested

3 spring onions, cut in half across the middle, then halves sliced lengthways into matchsticks

200ml vegetable oil

For the purée

1 onion, finely sliced

1 lemon, zested & juiced

1 tbsp butter

1 tbsp olive oil

100g spinach

150g frozen peas

splash of white wine

10 lovage leaves, washed

1 tbsp crème fraîche or soured cream

To serve (optional)

new potatoes, sliced & roasted

green salad

1. To make the purée, fry the onion and lemon zest in the butter and olive oil over a low heat with a pinch of salt for 8-10 mins until fragrant. Add the spinach, peas and wine, and cook, stirring, until the wine has evaporated. Add 100ml water, bring to a simmer and cook until the peas are done, about 2 mins. Add the lovage leaves & crème fraîche, stir briefly just to wilt the leaves, then add the lemon juice & blend to a silky smooth purée. Transfer to a pan to heat up before you serve. If there is too much liquid in the puree, pass through a fine sieve before heating up & serving.
2. Heat oven to 220C/200C fan/gas 7. Rub the fish with a little olive oil and season the fish cavities. Place a couple of lovage leaves in each fish, along with some slices of lemon and a few dots of butter. On a baking sheet, lay out a large piece of foil, bigger than the sheet. Place the fish in the middle of the foil, pull it up over the fish and seal, making a tented parcel. Bake in the oven for 15 mins, then open the foil and cook for 5 mins more. Remove and rest for 5 mins while you make the crisp spring onions. The fish should be delicately pink, moist & tender, and come away from the skin & bone easily.
3. Put the rice flour & lime zest in a bowl with a pinch of salt. Toss the spring onions with the flour to coat. Heat the oil in a saucepan (no more than one-third full) over a medium-high heat. Fry the spring onions and watch as they sizzle. If they're turning brown or cooking very quickly, turn the heat down. Fry for about 2-3 mins until crisp but not too brown, then drain on kitchen paper.
4. To serve, sweep the purée across the plate, top with the trout, then the spring onions. Eat with roast potato slices and a fresh green salad.