

Wild Trout Niçoise



Serves 4 Prep 10 mins

Cooking 18 mins

Easy

Ingredients

400g new potatoes (around 15), halved
100g green beans, trimmed & halved
6 eggs
250g wild trout fillets
2 Little Gem lettuces, quartered
100g rocket
75g pitted black olives, halved
300g ripe tomatoes, roughly chopped

For the dressing

1 anchovy fillet (optional)
1 tbsp Dijon mustard
2 tbsp white wine vinegar
4 tbsp extra virgin olive oil
small handful of parsley, finely chopped

1. Make the dressing by mashing the anchovy fillet, if using, & combining with the remaining dressing ingredients, a pinch of salt & freshly ground black pepper. Set aside.
2. Put the potatoes in a pan of salted water & bring to the boil. Simmer for 10-12 mins until tender, then remove the potatoes using a slotted spoon & leave to cool. Tip the green beans into the water & simmer for 3-5 mins until the beans are tender. Remove with a slotted spoon and plunge into ice cold water.
3. Carefully lower the eggs into the water and simmer for 6 mins before removing with a slotted spoon and plunging into the ice cold water.
4. Put the trout fillets in the water and poach for around 5 mins until just cooked through, then remove from the water and set aside. Peel the eggs and cut them in half, then set aside. Drain the beans and set them aside too.
5. Tip the lettuce, rocket, beans, olives, potatoes and tomatoes into a large bowl. Pour over most of the dressing, then gently toss. Tip onto a platter, then flake over the trout and place the egg halves on top, and drizzle over the remaining dressing.