



HONEY MUSTARD GRILLED TROUT

on a bed of lentils

Serves 4

INGREDIENTS

- Zest and juice of 2 lemons
- 4 tsp wholegrain mustard*
- 2 tbsp clear honey
- 4 skinless trout fillets
- 4 tsp rapeseed oil
- 10 spring onions, slices
- 350 cooked beetroot (not in vinegar), diced
- 500g dry green lentils (or pre-cooked lentils from a pouch or can)
- 20 basil leaves*
- 4 big handfuls of rocket*

*from your own cupboard/ cannot be purchased in our grocery shop

PREP TIME

- Prep | 5 m
- Cook | 40 m
- Ready in | 50 m

METHOD

01

Cook the lentils by bringing a large pan of water to the boil and simmering for 35-45 minutes, until tender. Drain once cooked and set aside. Skip this if you are using pre-cooked lentils.

02

Turn the grill to high and place the trout on a baking tray lined with foil. Mix the lemon zest, juice, mustard and honey together and brush a small amount onto the trout. Grill the fillets for 5-7 minutes, only turning them over when they flake easily (test with a knife).

03

Meanwhile, heat the oil in a wok and cook the spring onions and beetroot until softened. Add the cooked lentils along with 8 tbsp water and cover the pan to cook for a further 2 minutes until heated through.

04

Once cooked, pour the mix into a bowl and toss with the remaining dressing, the basil and rocket. Serve with the trout.

Pair this dish with our
Mountadam Chardonnay, Australia

