



U C O O K

— COOKING MADE EASY

Neill Anthony's Slow-Baked Trout

with quinoa salad, spicy That Mayo & orange dressing

What better way to enjoy your favourite fish than in the style of Neill Anthony! Cooked low and slow, we're giving this tender trout the flair it deserves with a salad of green beans, crispy lentils, and citrus dressing, as well as decadent dollops of That Mayo infused with chilli and lime.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Neill Anthony

 **Easy Peasy**

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Ingredients & Prep

120g	Lentils <i>drained & rinsed</i>
75ml	Red Quinoa
5ml	Vegetable Stock
50ml	Orange Juice
25ml	That Mayo (Original)
1	Lime <i>zested & cut into wedges</i>
4g	Fresh Coriander <i>rinsed & finely chopped</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
1	Rainbow Trout Fillet
80g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
20g	Rocket <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil
Paper Towel

1. LET'S GET GOING! Preheat the oven to 180°C. Place the drained lentils on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 15-20 minutes until crispy, shifting halfway. Rinse the quinoa and place in a pot with the stock. Submerge in 200ml of water, stir through, and place over a medium-high heat. Bring to a simmer uncovered and cook for 20-25 minutes until tender, with the tails popping out. If starting to dry out, add more water in small increments. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

2. SOME SNAZZY CONDIMENTS Place the orange juice in a saucepan over a medium heat and simmer for 3-4 minutes until reduced by half. On completion, pour into a bowl and whisk in 2 tbsp of olive oil until combined. Set aside for the salad. Combine the mayo with the juice of 2 lime wedges and three-quarters of the chopped coriander. Mix in the lime zest and chopped chilli, both to taste. Season and set aside for serving.

3. LOW & SLOW Pat the trout dry with paper towel. Place on a lightly greased baking tray, coat in oil, and season. Bake in the oven for 8-10 minutes until cooked through. Remove on completion, cover with tinfoil, and allow to rest for 5 minutes before serving.

4. SIMMER THE BEANS Return the saucepan to a medium-high heat with a splash of water to cover the base. Once bubbling, simmer the sliced green beans for 3-4 minutes. On completion, they should be cooked al dente and the water should have evaporated. Place in a salad bowl, toss through a drizzle of oil, and season.

5. CITRUSY QUINOA SALAD Add the crispy lentils and cooked quinoa to the bowl of green beans, and toss through the orange dressing. Toss the rinsed rocket with a drizzle of oil and some seasoning.

6. NEILL ANTHONY AT HIS BEST Make a bed of quinoa salad and either flake over the baked trout, or pop it on top whole. Dollop over the chilli-lime mayo and side with the rocket. Garnish with the remaining coriander and a lime wedge. An absolute stunner!



Chef's Tip

To make the orange salad dressing, place the reduced orange juice and the olive oil in a clean jar, close the lid up tight, and shake, shake, shake! Using a jar emulsifies the dressing much more successfully than mixing it in a bowl.

Nutritional Information

Per 100g

Energy	764kJ
Energy	183Kcal
Protein	11.8g
Carbs	25g
of which sugars	2.9g
Fibre	6.3g
Fat	4.3g
of which saturated	1g
Sodium	166mg

Allergens

Egg, Allium, Sulphites, Fish

Cook
within 2
Days