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by Liz Robb

Trout with Orange, Dill Butter & Watercress Salad

Ingredients

50g butter
A large sprig of fresh dill
1 large orange
Salt and black pepper
1 clove of garlic
1 small red chilli
1 tablespoon of runny honey
1 teaspoon of Dijon mustard
Salt and black pepper
2 trout fillets
Olive oil
2 large handfuls of baby watercress
A large handful of baby spinach leaves

Servings
2
Person

Preparation

1. Cut the softened butter into small pieces and place it in a small food processor or blender. Chop the dill finely, finely zest the orange [keeping the orange for later], peel and crush the garlic and add all three to the butter. Season with a little black pepper then pulse several times to mix the ingredients together well.
2. Scrape the butter out onto cling film then roll and form into a cylinder, wrapping in the cling film and twisting the ends. Chill in the fridge until firm enough to slice, for at least 2 hours.
3. When you are ready to cook, start by cutting out the orange segments. Using a very sharp knife, slice off the top and bottom of the orange, cut off the peel then cut out the segments from the pith. Catch and reserve any juice from the orange as you do this, also squeezing out any left behind.
4. Place the orange segments in a separate small bowl and chill until needed.
5. Preheat the oven to 180 degrees or 160 degrees fan oven.
6. Deseed and finely chop the red chilli then place in a small bowl. Add a tablespoon of runny honey, a teaspoon of Dijon mustard and 4 tablespoons of the reserved orange juice. Mix well and season to taste with salt and black pepper then leave to chill in the fridge.
7. Lightly brush an oven tray with olive oil and heat for a few minutes in the oven. Place the trout fillets, skin side down, on the hot tray and bake for 12-14 minutes, or until the trout is cooked through.
8. Meanwhile, put the salad together. Wash, pat dry and mix together the watercress and spinach then divide between two plates. Arrange the orange segments on the bed of salad then stir the chilled dressing and drizzle over the top.
9. Use a fish slice to lift the trout fillets on top of the prepared salad. Place a few slices of the orange and dill butter on top of the trout then serve immediately.

Cooks Note

This delicious and simple trout fillet dish is appealing to the eye, being so colourful on the plate, is light and tasty, and full of healthy ingredients, such as trout, orange, watercress and spinach, which contain vitamins and omega 3.

Serves 2