

# Roasted Herb Fillet of Belhaven Trout

**Serves 2**

**Ingredients:**

- 2 Belhaven trout fillets
- 10 ml (1tbsp) wholegrain mustard
- 1 Dessert spoon Braeside honey
- Freshly milled pepper
- The juice of a lemon
- 25g wholemeal breadcrumbs
- 1 tbsp herbs – dill and parsley
- Olive oil for brushing

**Method:**

1. Pre-heat oven 190 C.
2. In a bowl, combine all herbs, crumbs and flavourings.
3. Lay trout on lightly oiled baking sheet. Spread herb mix over fillets.
4. Roast for approx 8mins until the trout is cooked (the flesh becomes opaque and flakes easily when tested with a fork).

Serve on heated plates with new potatoes and seasonalgreens.