

Oatmeal Belhaven Trout Fillets

Serves 2

Ingredients:

- 4 Fillets of Belhaven trout
- 75g pinhead oatmeal
- 75g button mushrooms, thinly sliced
- 1 Clove garlic, peeled & crushed
- Freshly milled pepper
- 10 ml (1tbsp) olive oil

Sauce

- 1tbsp runny honey
- 1 tbsp lemon juice
- 100 ml half fat crème fraiche
- 2 tbsp chopped chives
- Freshly milled pepper
- Small pinch of salt (if required)

Method:

1. Pre-heat oven to 180 C (Gas no4).
2. In a frying pan, sauté garlic and add mushrooms to lightly cook.
3. Skin fillets on a flat surface, using a sharp knife, and coat in oatmeal.
4. Onto each prepared fillet, spread a layer of the mushroom mixture and roll up neatly.
5. Lay rolled fillets in an oiled baking dish and bake for approx 10 mins, until light pink and set.
The trout is cooked when it turns opaque.
6. When almost ready, make sauce by blending all the ingredients in the frying pan along with the residues from the mushroom and heat through gently. Taste to adjust seasoning.
7. Serve fillets immediately with sauce to side.

Serve with a small seasonal side salad of your choice.

Garnish with lemon wedge.