

# ***Belhaven Trout with Mustard Sauce***

**Serves 4**

**Time to prepare: 20 mins**

**Time to cook: 15 mins**

## **Ingredients:**

Knob of butter  
8 x 115g / 4oz fresh trout fillets  
3 shallots, peeled & finely sliced  
140 ml dry white wine  
4tsp Dijon mustard  
Juice & zest of 1 lemon  
50g butter  
2 tbsp chopped parsley  
Sea salt & black pepper

## **To serve:**

Oil to drizzle  
4 slices crusty white bread  
Few salad leaves  
½ cucumber  
2 spring onions  
2 tbsp olive oil

## **To garnish:**

8 lemon wedges  
1 tsp chopped fresh parsley

## **Method:**

Pre-heat the oven to 200C/400F/Gas 6. Grease the base of a large oven-proof dish with the knob of butter. Lay the trout fillets over the base and scatter over the shallots.

Mix together the wine and mustard, season with a little salt and pepper then spoon the sauce over the fish. Cover the dish with foil and bake for 10 - 12 minutes or until the fish is just cooked.

Meanwhile, heat a griddle pan, drizzle with a little oil and sear the bread on both sides. Remove from the pan and cut each bread slice in half diagonally.

Remove the cooked fish from the oven and drain the juices into a saucepan. Keep the fish warm. Boil the juices with the lemon juice and rind, whisk in the butter and simmer until the sauce has thickened slightly.

Serve the fish fillets with the seared bread and a side salad of olive oil dressed lettuce, cucumber and spring onions. Garnish with lemon wedges and some parsley.