



Recipe from BigFish Brand™ Poached Sea Trout on Toast

This tasty way to serve our new Sea Trout fillets is perfect for a weekend brunch or a special occasion breakfast. It's easy to do and the egg, fish and avocado are a delicious (and healthy!) combination. Choose a nice sourdough, seeded or wholemeal loaf for your toast.

Preparation time: 10-15 minutes

Cooking time: 15 minutes

Serves two

Ingredients

2 BigFish Brand™ Trout Fillets
1 ready to eat avocado
1 bunch fresh coriander, roughly chopped
1/4 red onion, finely chopped
2 cherry tomatoes, finely chopped
Half a lime, juiced
1/4 tsp red chilli flakes
2 free range eggs
1 tsp olive oil
2-3 tbsp vegetable oil
Salt and pepper
Two thick slices of toast, to serve



Method

1. First, make the avocado salsa by mashing the flesh of 1 avocado in a glass bowl with the lime juice, red onion, tomatoes, a handful of coriander, pinch of salt, drizzle of olive oil and small pinch of red chilli flakes. Mix together, cover and leave in the fridge until ready to use.
2. Poach the Trout Fillets. Remove the fillets from the outer bag and (from frozen while still in the inner pouches) place in a pan and cover with cold water. Bring to the boil and simmer gently for 15 minutes (or 10 minutes if defrosted).
3. Whilst the trout is cooking, fry the eggs. Heat the vegetable oil in a heavy based sauce pan on a high heat. When the oil is hot, crack in one egg at a time, basting with the oil for 2-3 minutes until cooked. If the oil starts to spatter, turn down the heat a little.
4. To serve, spread the avocado mix onto the toast, then remove the trout fillets from the pouches. Place each fillet top of a slice of toast and avocado then top with the fried egg. Seasoning with a little freshly ground black pepper and garnish with a sprig of coriander before serving.