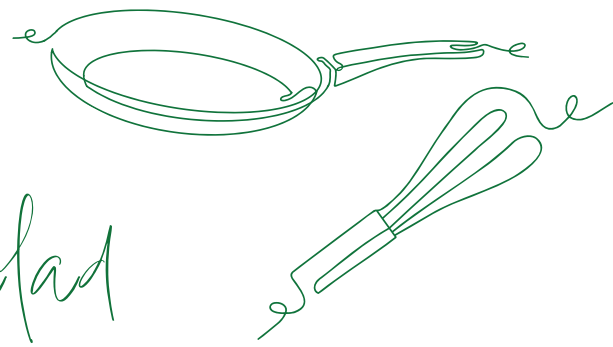


# Pan-Seared Trout with Watercress Salad



## ***Pan-Seared Trout with Watercress Salad***

This tender pan-seared trout, paired with fresh watercress, makes for a perfectly balanced and tasty salad dish.

### **Serves 2 - 4**

Prep time 10 minutes,  
cooking time 15 minutes

British trout is one of the most sustainable and healthy proteins available and makes for fantastic dinner.

### **Ingredients**

2 cups (60gms) of fresh watercress, washed and trimmed  
2 tbsp of extra virgin olive oil  
2 tbsp of olive oil  
2 trout fillets  
1 cup (160gsm) of cherry tomatoes, halved  
1 lemon, sliced for garnish  
1 tbsp of balsamic vinegar  
1/4 of a red onion, thinly sliced  
Salt and pepper



### **Top Tip**

Ensure all the bones are removed; you can use a peeler if you don't have pliers and make sure to season before cooking. If you don't have a non-stick pan, you can wrap the fish in baking paper with the lemon and cook!

### **Method**

Season the trout fillets with salt and pepper on both sides. In a large skillet, heat olive oil over medium-high heat. Place the trout fillets in the pan, skin side down, and cook for 3-4 minutes until the skin is crispy. Carefully flip the fillets and cook for an additional 2-3 minutes until the fish is cooked through. Squeeze lemon juice over the fillets. In a bowl, combine watercress, cherry tomatoes, and red onion for the salad. In a small bowl, whisk together extra virgin olive oil, balsamic vinegar, salt, and pepper to create the dressing. Drizzle the dressing over the watercress salad and toss gently to combine. Serve the pan-seared trout on a plate, topped with a generous portion of watercress salad. Garnish with lemon slices and additional cracked black pepper if desired.

Recipe by James Golding, Head of Food Education, Table Talk Foundation. Table Talk Foundation is a registered charity (reg No: 1190504) inspiring a new generation through food, to live happier and healthier lives. Providing food education in schools to teach young people how to cook, preparing them with fundamental life skills.



Health Insurance