

A close-up photograph of a white plate featuring a large, pan-roasted sea trout fillet. The fish has a golden-brown, slightly charred skin. It is served over a bed of light-colored couscous, which is mixed with diced red and yellow vegetables. Several green asparagus spears are arranged around the fish. In the top left corner, there is a green circular logo with a leaf icon and the text "EAT WELL LIVE WELL".

EAT WELL
LIVE WELL

Pan Roasted Seatrout with Grapefruit & Couscous

MAIN

Pan Roasted Seatrout with Grapefruit & Couscous

SERVES 2

Ingredients:

- Couscous 250g
- Grapefruit 100g
- 1 x Spring Onion
- ½ Cucumber
- Flaked Almonds 150g
- Carrot 100g
- Half a Lemon
- Rapeseed Oil 1tbsp
- Seatrout 240g

**PREPARATION
& COOK TIME:
30 MINS**

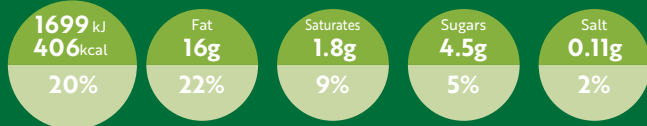
Method:

- Add the couscous to a bowl and add 250g hot water, just boiled. Cover with cling film or a lid for 5-10 minutes. Use a fork to fluff the couscous.
- Meanwhile, heat the oil in a pan and add the seatrout. Cook on a medium heat for about 3 minutes on each side, or until the trout is golden and cooked through. Remove from the heat and leave to cool.
- Toast the flaked almonds in a pan until lightly golden
- Finely slice the cucumber, carrot and spring onion.
- Mix the couscous with the vegetables, grapefruit and the juice of a lemon. Top with the fillet of seatrout and flaked almonds.

Recommendation:

Serve with asparagus and a drizzle of lemon and garlic yoghurt dressing.

Nutrition information: per average serving



of an adult's reference intake (8400kJ/2000kcal)

Nutritional information has been compiled by Registered Nutritionists using an industry standard software system (FDH Saffron). Please bear in mind that the nutrition will change depending on the products that you use to make this recipe. This information is for guidance only.