



## Recipe Card One

### Star ingredient - **Fennel**

### ***Baked Honey and Mustard Trout with Fennel and Potato salad***

#### **Ingredients**

##### **Potato Salad**

- 800g New Potatoes
- 1 small sweet onion (or 3 spring onions)
- 1 fennel bulb
- 1 lemon
- 100g Sour cream
- 2 tsp chopped fresh Dill
- 2 tsp chopped fresh Parsley

##### **Fish**

- 4 trout fillets (skin on) (try to use British, responsibly sourced fish where you can)
- 1 lemon (you will need juice and zest)
- 1tbsp Wholegrain mustard
- 1tbsp Clear honey
- 1tbsp good quality oil

#### **Method**

1. Heat oven to 200C/180C fan/gas mark 6
2. Put the potatoes in a pan of boiling salted water and simmer for 15 mins until cooked
3. Drain potatoes and rinse with cold water. Place in a bowl and set aside.
4. Half the onion and slice thinly and place in a bowl
5. Carefully remove some of the leafy fronds from the fennel and set aside. Remove the core from the bulb, thinly slice and add to the onion.
6. Cover onion and fennel with lemon juice and set aside.
7. To make the glaze for the fish mix half the zest of the lemon with the mustard honey and oil. (We use British cold pressed rape-seed oil.)
8. Line a baking tray with parchment and place the trout fillets skin side down, make sure to leave a little room between each fillet.
9. Brush all of the glaze onto the fish and bake in the oven for 10 mins. Keep an eye towards the end of the cooking time as you do not want the fish to go dry. It should be moist and starting to flake.
10. While the fish is cooking, finish making the potato salad.
  - i - Slice the potatoes into thin slices or if the potatoes are larger then cut into cubes.
  - ii - In a small bowl mix sour cream, the rest of the lemon zest and the herbs. Season to taste (We LOVE Gunpowder seasoning – check it out on Instagram @gunpowder\_seasoning and support another great small UK business)
  - iii - Combine the potatoes, fennel and onions in a bowl and spoon over the sour cream mix and mix gently.
11. Take the trout out of the oven and place one fillet in the centre of a plate, add a serving of potato salad and garnish with the fennel fronds you saved earlier.
12. Enjoy! (also post a picture on Instagram and tag @therowantreeboxco, did you even cook if you didn't Instagram it??)

*Summer tip – Instead of baking the trout in the oven why not make the best of the Great British summer and wrap the glazed trout fillets in foil and put them on the BBQ*

