

Pan-Fried Trout with Almonds recipe

This trout dish is slightly Italian in flavour and looks very impressive on the plate as the fish is served whole. If you'd rather not serve it whole, just ask your fishmonger to remove the head and tail. Toast the almonds yourself either in a dry frying pan or in a hot baking tray in the oven – make sure to check on them regularly as they do have a tendency to catch and burn.

Ingredients:

- 4 whole rainbow trout, gutted, scaled and boned
- 4 tbsp. milk
- 4 tbsp. plain flour
- 2 tbsp. butter
- 2 tbsp. olive oil
- Handful chopped fresh parsley
- 2 tbsp. lemon juice
- 100g toasted flaked almonds
- Salt and pepper
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Method of Preparation:

1. Dip the trout in the milk and then into the flour. Season well and dust off any excess.
2. Heat the oil and half of the butter in a frying pan. Once frying, add the trout to the pan.
3. Cook for 7-8 minutes before flipping over and cooking for another 7-8 minutes on the other side.
4. Remove the trout from the pan and then melt the rest of the butter into the juices. Add the lemon juice, toasted almonds and chopped parsley, season well and then serve spooned over the fish.

This fish is really light in flavour, so match it with some light grilled vegetables or some just crushed **potatoes**. This recipe serves four people.