



Recipe  
suggestions

## Pan-fried rainbow trout (serves 4)

### Ingredients

- > 4 boneless, skinless trout fillets,
- > 2 oranges, grated rind and juice
- > 3 tbsp fresh basil, chopped
- > 3 tbsp light crème fraîche
- > salt and freshly ground black pepper

### Method

- > Place the trout fillets into a non-stick frying pan.
- > Pour the orange rind and juice over the trout fillets.
- > Cover and simmer gently for 5-6 minutes or until the fish is just cooked.
- > Gently stir in the basil and crème fraîche, and heat through.
- > Season well and serve with new potatoes and plenty of vegetables or salad.

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