

SEA TROUT WITH CRUSHED FRESH PEAS

WHAT YOU'LL NEED

- 4 portions of sea trout
- 1-2 tbsp olive oil
- 500grms fresh peas podded
- 1 tbsp fresh marjoram plus extra for garnish
- 2 tbsp classic vinaigrette
- salt and pepper

WHAT TO DO

1. Firstly take the fish and using a sharp knife score the surface of the fish in parallel lines.
2. Then place the peas in boiling salted water for 3-4 mins or until tender. Drain and return to the pan and crush to a chunky puree, and add season to taste. Stir in the chopped marjoram and the vinaigrette and set aside.
3. Place the olive oil in a non stick pan and heat until very hot. Add the fish directly to the pan, skin side down. Season to taste and cook for 4 mins until the skin is crispy. Carefully turn the fish and cook on the other side for 1 minute and season again.
4. To serve, spoon the crushed peas into a ring in the centre of the plate and place the fish on top. To garnish add marjoram leaves and a dash of vinaigrette.

Delicious served with a green salad and potatoes.