



BAKED TROUT WITH ROASTED VEGETABLES AND OLIVES

INGREDIENTS

- 400 g small potatoes, peeled and halved
- Olive oil
- Salt and freshly ground black pepper to taste
- 2 small shallots, quartered
- 1 red pepper, roughly sliced
- 2 trout
- Juice of 2 lemons
- Bunch of parsley, coarsely torn
- 20 g herb butter
- 50 g sundried tomatoes, coarsely chopped
- 100 g pimiento-stuffed green olives
- 100 g mixed green-leaf salad (optional)

PREPARATION

1. Preheat the oven to 180°C.
2. Cook the potatoes in the iCook 2 l saucepan for 10 minutes. Drain the potatoes and place into the medium iCook Mixing Bowl. Toss with a drizzle of olive oil, salt and pepper to taste. Then, lay parchment paper on the sheet pan – ensure there's excess parchment to create a parcel in the next steps.
3. Arrange the potatoes, shallots and pepper slices on the parchment in the sheet pan and bake for 5 minutes until they begin to crisp.
4. Clean the trout and ensure all pin bones are removed.
5. Place the trout on the vegetables and season with salt and pepper. Pour lemon juice over the trout and sprinkle with parsley. Fold the parchment paper over to create a parcel, ensure all edges are sealed and bake for 10–12 minutes.
6. To check if the trout is cooked, unfold the parchment paper. If the fish is opaque and the skin begins to flake, it is ready. If not, reseal the parcel and return to the oven for a few more minutes.
7. Take the dish from the oven, remove the parcel from the sheet pan, set aside and unravel to add the herb butter to the fish while it's still hot.
8. Add olive oil to the still-warm sheet pan and place the baked vegetables and trout inside. Add the sundried tomatoes and bake until the vegetables begin to crisp. Remove from the oven, add olives and leave to rest for a few minutes. Serve warm.

Optional side: fresh green salad tossed with salt and olive oil