

Fillet of trout with a walnut and hazelnut coating

 Preparation :
20 minutes

 Cooking time :
6 à 8 mn

 Difficulty :
Easy



SERVES 4



INGREDIENTS

- 4 good sized trout
- 60g of butter
- 30 g of walnuts
- 30 g of hazelnuts
- 2 teaspoons of breadcrumbs
- 2 dessert spoons of olive oil
- a small punnet of lamb's lettuce
- 5 cl of walnut oil vinaigrette dressing

PREPARATION

Ask your fishmonger to clean and fillet the trout. Make sure all the bones are removed, then roll up the fillets and secure with a toothpick. Season.

Fry for two minutes in olive oil, then drain on kitchen paper and leave to cool.

Mix the softened butter with the finely chopped walnuts and hazelnuts in a bowl.

Spread on top of the rolled trout fillets, sprinkle with breadcrumbs and grill for 5 minutes or until golden brown. Serve with the dressed lamb's lettuce.



Walnuts are the fruit of the walnut tree and originate from France.