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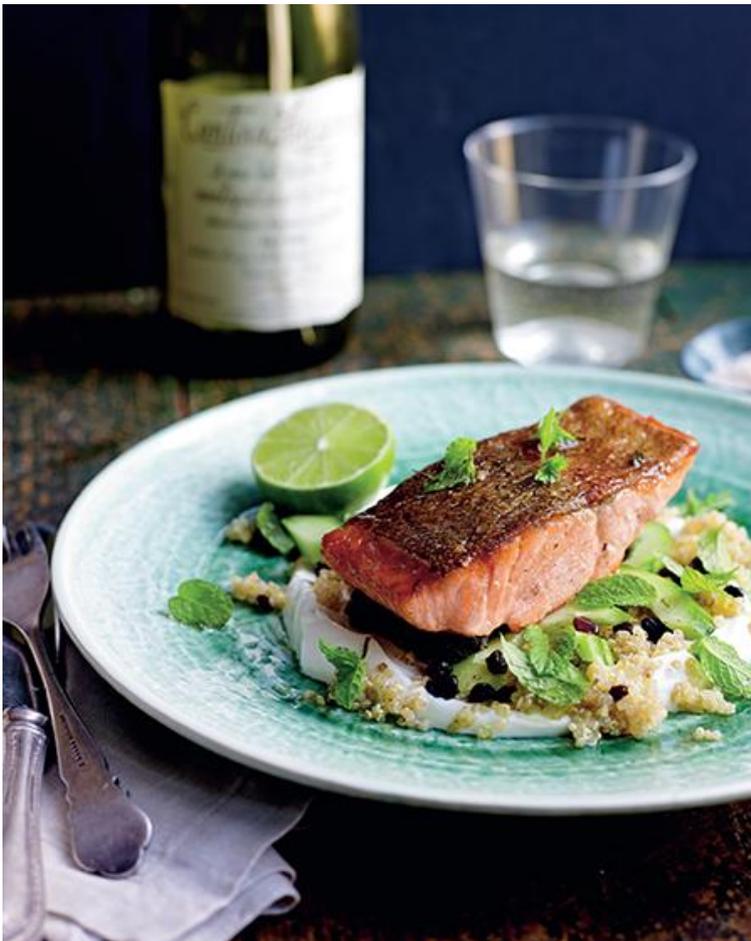
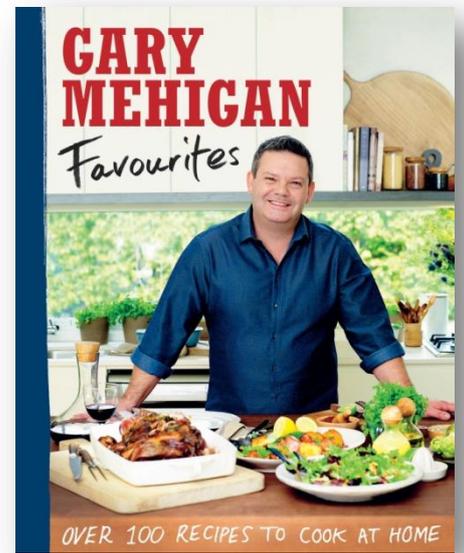
Over 100 Recipes to Cook at Home

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Ocean Trout With Quinoa Yoghurt Cucumber And Mint

FREE RECIPE FROM *GARY MEHIGAN FAVOURITES* BY GARY MEHIGAN,
OCEAN TROUT WITH QUINOA, YOGHURT, CUCUMBER AND MINT, PAGE 98.

We've all gone a little crazy with our seeds and ancient grains lately, but personally, I like the trend. Most of the things I cook at home, salads in particular, have benefited from a scattering of seeds or grains of some type, adding texture, interest and chewiness. I feel better for it, too, as they have helped to wean me off traditional carbs like potatoes and white rice. This is a simple summery recipe, where all the salad components can be prepared well in advance, then the fish is grilled or fried at the last minute.



SERVES 4

1/2 cup (50 g) quinoa, rinsed and drained
1/4 cup (60 ml) extra virgin olive oil
sea salt flakes and freshly ground white pepper
4 x 150 g ocean trout fillets, skin on, pin-boned
2 teaspoons sumac, plus extra to serve
2 Lebanese (short) cucumbers, halved lengthways, then sliced on the diagonal
1/4 cup (40 g) currants
1 cup (280 g) Greek-style yoghurt
1 large handful baby or regular mint leaves
lime halves, to serve

1. Place the quinoa in a heavy-based saucepan with 1 cup (250 ml) water. Bring to the boil over medium heat, then reduce the heat to low, cover and simmer for 12 minutes or until most of the liquid has been absorbed. Remove the pan from the heat and leave to stand for 5 minutes. Fluff the quinoa up with a fork, add a drizzle of the olive oil and some salt and pepper. Mix gently and set aside to cool.
2. Season the trout fillets with salt and pepper. Heat a large heavy-based nonstick frying pan over high heat and add a dash of the olive oil. Reduce the heat to medium and cook the fillets, skin-side down, for 4 minutes or until the skin is crisp and golden. Turn the fillets over and cook for 1 minute, then remove the pan from the heat. Leave the fillets in the pan for 3 minutes, then sprinkle with the sumac.
3. Gently toss the quinoa, cucumber and currants together. Divide the yoghurt amongst serving plates and spread out a little. Top with the quinoa mixture and trout. Serve sprinkled with the mint and a little extra sumac, and the lime halves to the side.