



Warm Atlantic Ocean Trout Salad



DIFFICULTY: EASY



PREPARATION TIME: 30
MINUTES



COOKING TIME: 30 MINUTES



SERVES: 4

Ingredients

4 eggs
1 bulb of fennel, finely sliced on a mandoline
1 cup water
1 cup white wine vinegar
3 tbsp sugar
½ tsp turmeric
4 x 150 g fillets of ocean trout
8 kipfler potatoes, cleaned, halved lengthwise
2 bunches new seasons asparagus
150 g baby kale leaves
juice and zest of two lemons
quarter cup good quality olive oil
sea salt and pepper
1 orange, zested, peeled and segmented
1 cup parsley leaves, chopped
1 cup dill leaves, chopped
75 g salted capers, soaked and rinsed
½ cup smoked almonds, roughly chopped

Method

Place eggs in small steam oven tray. Follow the instructions on the control panel for soft boiled eggs. Place eggs on second shelf and cook.

Meanwhile, make the fennel pickle. Place the fennel in a medium heatproof bowl and set aside. Bring the water and vinegar to the boil in a small pot over high heat. Remove from heat and pour over fennel. Add turmeric and stir well. Set aside and allow to cool.

When eggs are cooked, remove from oven. Plunge eggs into cold water and gently crack the shells (this will help with peeling). Allow to cool.

Set oven to 100°C FullSteam. Place the potatoes in a perforated tray. Place in the oven on the third shelf and cook for 12 minutes. When the cooking time has finished, set oven to 80°C FullSteam.

Place fish in lightly oiled tray, skin side down. Place in the oven on the third shelf next to potatoes and cook for 8 minutes.

After 5 minutes, place asparagus in oven and continue to steam along with the fish and potatoes.

Meanwhile, place the kale in a serving dish and massage lightly with some lemon juice to help soften the leaves. Use the remaining lemon juice to make a quick dressing with the olive oil. Season with salt and pepper. Add orange segments. Drain the fennel pickle and add.

Peel the eggs and cut in half.

When the fish, potatoes and asparagus are cooked, remove from oven. Gently flake the fish into pieces and place in the salad along with the potatoes. Cut asparagus into bite size pieces and scatter over salad. Finish with dressing, herbs, capers, lemon and orange zest, eggs and toss gently to combine. Garnish with smoked almonds and serve.

Notes

Smoked almonds are available at specialty nut shops and food providores.

We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. All herbs are fresh (unless specified) and cups are lightly packed. All vegetables are medium size and peeled, unless specified. All eggs are 55–60 g, unless specified.

Photography by Steen Vestergaard. Styling by Caroline Velik. Food preparation by Caroline Velik.