

# **Pan-fried trout fillet with spiced, roasted vegetable couscous**

(Serves 4)

## **Ingredients**

- 240g Aubergine
- 2 Shallots
- 2.5 tbsps Oil, Olive, napolini
- 1 Pepper, red, deseeded & chopped
- 1 Pepper, yellow, deseeded & chopped
- 4 Tomatoes, medium, halved
- 1 Garlic clove, crushed
- 1 tbsp Cumin, ground
- 1 tsp Coriander, dried, ground
- 1 tsp Paprika, sweet
- 1/2 Stock pot, (knorr vegetable)
- 350mls Water
- large pinch Saffron strands
- 1/4 tsp Black Pepper
- 220g Couscous (raw weight)
- 4 x 125g Trout fillets
- 1 Lemon - juice of
- 30g Raisins
- 2 tbsps Mixed fresh herbs
- 25g Almonds, whole
- 1/2 Lemon, juice of

## **Preparation**

1. Pre-heat oven to 200°C/400°F/Gas Mark 6 (180°Fan).
2. Cut aubergine into chunks. Blanche in boiling water on hob for 2 minutes. Remove aubergine but keep water.
3. Trim shallots. Parboil in remaining boiling water for 2 minutes with skins on.
4. Plunge into cold water for 1 minute. Drain & remove skins.
5. Heat 1 tbsp of the oil on a baking tray in the oven.
6. Place shallots, peppers, aubergine & tomatoes on baking tray & coat with the hot oil.
7. Cook for 10 minutes for "al dente" vegetables or longer if you prefer them softer. Set aside on a plate & keep warm.
8. Heat another 1 tbsp of the oil in a large, lidded pan, on the hob.
9. Add garlic, cumin, coriander & paprika & fry over a gentle heat for 1 minute, stirring.
10. Prepare stock. Add stock, saffron strands & black pepper.
11. Stir & bring to boil. Stir in couscous.
12. Cover pan, remove from heat & leave for 5-8 minutes to absorb stock.
13. Meanwhile, heat last 1/2 tbsp of oil in a frying pan.

14. Pan fry trout fillets according to packet instructions.
15. Fluff couscous with a fork. Stir in the vegetables, juice of 1 lemon, raisins, mixed herbs & almonds.
16. Serve couscous topped with the pan-fried trout.
17. Squeeze juice of 1/2 a lemon over trout fillets. Serve immediately.

**TOP TIP:** If you are cooking for less than 4 people, it's great to still make the full batch of couscous & serve for lunch the following day.

**NUTRITIONAL VALUES  
PER SERVING**

Calories 574  
Total Sugars 11.91g  
Total Fats 19.19g  
Saturated Fats 3.28g  
Salt 0.91g  
Fruit & Veg 3