

# Rainbow trout with steamed potatoes

Mums: Main Meals

Preparation Time: 5 Minutes    Cooking Time: 15-20 Minutes    Serves: 2 adult portions

## What you need

- 2 x 200g / 8oz fillets of rainbow trout, or similar fish, such as salmon or sole
- 1 tbsp olive oil
- Juice of 1 lemon
- Sea salt
- 300g / 12oz new potatoes, washed and halved
- 25g / 1oz unsalted butter

## What to do

- Drizzle the fillets with olive oil and lemon and season lightly.
- Place the potatoes in a steamer basket over a pan of boiling water and steam for 10 – 15 minutes, or until cooked through, then add the butter.
- Heat a griddle or frying pan over a high flame, then quickly cook the fish, approximately 2 minutes each side, and serve immediately.