

## made TO MATCH

Often I find the simplest preparations yield the most delicious results. Case and point is this dish where a simply cooked piece of fish nestled up to a salad made with a few interesting ingredients, creates a wonderful eating experience. Fresh, tasty, crisp and light are the words I would use to describe this dish.

### Step 1.

#### Fennel, Watercress & Apple Salad

- Ingredients**
- 2 large Fennel Bulbs (sliced wafer thin)
  - 1 Granny Smith Apple (cut into matchsticks)
  - 2 handfuls Watercress (torn)
  - 1/4 Cup Italian Parsley Leaves (torn)
  - 1/4 Cup Pale Inner Celery Leaves (torn)
  - 1/2 Cup Fried or Toasted Walnuts
  - 2 Tbl Apple Syrup
  - 2 Tbl Al's Village Press Lemon and Fennel Oil (or similar)
  - Flakey Sea Salt and Freshly Ground Black Pepper

### Method

In a mixing bowl, combine the sliced fennel, apple sticks, watercress, parsley, celery leaves and walnut pieces. Dress gently with apple syrup and lemon-fennel oil, then season lightly and taste. Hold.

### Step 2.

#### Cooking & Serving

- Ingredients**
- 6 x 150 gm Trout Portions, (Salmon as a substitute is perfect)
  - Flakey Sea Salt and Freshly Ground Black Pepper
  - Cooking Oil
  - Butter
  - Fennel, Watercress and Apple Salad
  - 2 Lemons

### Method

Place a skillet on medium-high heat. Season the trout. Once the skillet is hot add a splash of oil and a knob of butter, followed by the trout portions. Cook for 3 minutes on the first side, then turn and cook for a further 2 minutes, until just cooked through.

Place your trout in the centre of each plate and top with the fennel, watercress and apple salad. Finish the dish off with a squeeze of fresh lemon juice.

Serves 6.

Cheers!

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