

Tandoori trout salad



by Simon Rimmer
from Something for the Weekend
Serves 4



Preparation time overnight
Cooking time less than 10 mins

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Ingredients

For the marinade

- 100ml/3½fl oz plain yoghurt
- 2 limes, juice only
- 1 tbsp crushed garlic
- 2.5cm/1in piece fresh ginger, peeled, grated
- 1 tsp ground cumin
- 1 tbsp ground coriander
- 1 tsp garam masala
- pinch paprika
- pinch salt
- 4 x 150g/5½oz trout fillets
- 75ml/2¾fl oz melted butter

For the salad

- 1 tbsp ready-made curry paste
- 50ml/1¾oz boiling water
- 1 red onion, finely sliced
- 440g/1 lb can mixed beans, drained, rinsed
- 2 limes, juice only
- 1 tbsp malt vinegar
- 100ml/3½fl oz olive oil
- 1 tbsp chopped fresh coriander
- 1 red chilli, finely chopped
- 4 naan breads, to serve

Method

1. For the marinade, in a bowl, mix together the plain yoghurt, the juice of one lime, the garlic, ginger, cumin, coriander, garam masala, paprika and salt until well combined.
2. Add the trout fillets and coat them in the marinade mixture. Cover and chill in the fridge overnight, or for at least for two hours.
3. When the trout has marinated, preheat the grill to its highest setting. In a bowl, mix together the melted butter and the juice of the remaining lime until well combined.
4. When the grill is hot, place the marinated trout fillets under it and grill for 2-3 minutes. Baste the grilled trout fillets with the lime juice and butter mixture.
5. Turn the trout fillets over and grill for a further 2-3 minutes, basting with the lime juice and butter mixture halfway through cooking.
6. For the salad, mix the curry paste with the boiling water until dissolved. In a separate bowl, mix together the onion, mixed beans, lime juice, malt vinegar, olive oil, coriander and chopped red chilli until well combined.
7. To serve, divide the salad equally among four serving plates. Place one tandoori trout fillet on top of each portion. Serve the naan bread alongside.