



## Smoked ChalkStream® trout with pickled vegetables and avocado - served on rye bread

Harvested by hand in Hampshire, ChalkStream® trout are a heritage, British fish that offer a delicious, healthy and responsibly reared, menu option. The secret to these beautiful trout are the famous chalk streams - Test and Itchen. Spring water that has been filtered through the chalk feeds these rivers. The water is rated class A by the Environment Agency, the highest achievable grade. These fish offer a true alternative to smoked salmon on your menu.

Preparation time **30 minutes**

### Ingredients (per person)

- Smoked ChalkStream® trout (unsliced) - 80gm (order from us via code 05TROCSU00K00 TROUT: CHALK STREAM - UNSLICED & TRIMMED SIDE (KG))
- French radish sliced - 1
- Cucumber skinned and diced - 10gm
- Fennel sliced - 10gm
- Avocado - ½
- Pea shoots - 3gm
- Purple radish leaves - 1gm
- Garlic chive - 1gm
- Pickling vinegar - 10ml
- Extra virgin olive oil - 5ml

### Instructions

1. Prepare radish, peeled Cucumber and fennel and place in a vacuum bag with pickling vinegar. Vacuum lightly and leave for 15 minutes. If you do not have a vacuum packing machine, mix vegetables and vinegar together and allow them to soak for 15 minutes longer to allow them to pickle.
2. Slice smoked trout.
3. Mash avocado and mix with 2ml of olive oil and lemon juice. Season.
4. Place avocado on rye bread, garnish with pickled vegetables.
5. Garnish with salad and drizzle with olive oil.

Contact your account manager for more information and to place an order

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