



Crumbed Rainbow Trout Fillets with Parmesan and Homemade Tomato Garnish

Serves 4.

Ingredients:

4 x 400g Rainbow Trout fillets
1/3 cup plain flour
3 tablespoons milk
2 eggs
1 cup breadcrumbs
1 cup grated parmesan cheese
Vegetable oil for frying

HOMEMADE TOMATO GARNISH

Ingredients:

A splash of olive oil
1 large brown onion
2 cloves crushed garlic
6 medium tomatoes
2 teaspoons of sugar
1/3 cup dry white wine
2 tablespoons finely shredded basil leaves

Method:

TOMATO GARNISH

Heat oil in medium pan, cook onion and garlic, stirring until onion is soft. Add tomato, sugar, wine and simmer uncovered until sauce has thickened. Stir in basil.

CRUMBED TROUT

Coat fish in flour, shake off excess. Dip fish in combined milk and egg, coat in breadcrumbs and cheese. Heat oil in large pan and shallow fry fish, until browned and just cooked through (5 each side). Serve fish with fresh tomato garnish, salad, potato wedges and season with cracked pepper.