

Pembrokeshire Earlies* and trout parcels



Serves 2 | Prep 10 minutes | Cook 30 minutes

Ingredients

2 trout fillets (150g - 180g)
300g Pembrokeshire Earlies
½ medium leek, washed and thinly sliced
1 tbsp dried Welsh Laverbread^Δ
50g fresh samphire
1 lemon and juice of ½ lemon
Halen Môn Sea Salt^Δ and pepper

Method

- 01** Cook the potatoes in boiling water for 15 minutes until just tender. Leave to cool and slice thickly.
- 02** Cut 2 large rectangles of baking paper and fold in half to make a square. Cut each square to make a half moon shape. Divide the potatoes between the paper and season with salt and pepper.
- 03** Top with leek, samphire and lemon slices and lay the trout fillet on top.
- 04** Sprinkle over the dried laverbread, salt and pepper and the lemon juice.
- 05** Fold the paper over the filling and fold the edges together several times all round to create a tight seal. Repeat with the other parcel and lay both on a large baking sheet.
- 06** Bake for 10-15 minutes until the paper has puffed up and is beginning to brown. Serve immediately.

