

Smoked trout, fennel and apple salad



Serve as a light starter or lunch with some wholemeal bread.

Serves 4 | Prep 15 minutes

Ingredients

250g smoked rainbow trout fillets
juice and finely grated zest of 1 lemon
1 large bulb fennel
1 Granny Smith apple
150g radish, thinly sliced
1 large bunch watercress or rocket thick stems removed

For the dressing

3 tablespoons sour cream
2 tablespoons horseradish sauce
2 tablespoons rapeseed oil
Halen Môn* sea salt and pepper

Method

- 01** Halve the fennel bulb, remove the core then slice thinly and mix with half the lemon juice and all the zest, and toss to coat.
- 02** Quarter, core and thinly slice the apple and add to the fennel. Toss everything together then set aside. Slice the radishes and add to the fennel along with the watercress, and toss to combine.
- 03** For the dressing, whisk together the remaining lemon juice with the sour cream, horseradish and oil and season with salt and pepper.
- 04** Spread a little dressing onto 4 serving plates and pile the salad on top. Flake the trout over the salad and drizzle with the remaining dressing.

