

Grilled Trout With Chilli & Coriander Yoghurt

1 shallot, finely chopped
Juice of ½ lime
1 red chili, de-seeded & finely chopped
Large handful of fresh coriander leaves finely chopped
1 ½ tablespoons Greek style yogurt
Salt & pepper to taste
2 large trout fillets 1 tablespoon pine nuts
Cayenne pepper to taste



METHOD

Place shallot, lime juice, chili, most of the coriander leaves, yogurt and a generous seasoning of salt into a food processor, whiz until thick and creamy.

Lay trout fillets in an oven proof dish, spread over the yogurt mixture

sprinkle with pine nuts and a pinch of cayenne pepper.

Cook under hot grill until fish is opaque and yogurt mixture has colored slightly, about 8 minutes, scatter remaining coriander leaves over trout and serve with a green salad and potatoes

