

Soy, Chilli and Ginger Trout With A Summer Ragu



I'm a big fan of fish... as you'd probably noticed, I came up with this recipe because I had some left over Trout fillets, this is a great dish, really enjoyable and it gave me the opportunity to use a lot of left over vegetables. Remember to check for bones when you are using fish, if you are not confident in skinning and boning either by skinless and boneless fish or ask your fishmonger to do it for you. The timing of this recipe varies depending on individual cooking equipment. Times are merely a guideline.

Ingredients

- 2 Trout Fillets
- 2 Tsp Roasted Red Pepper Pesto
- Vegetable Oil
- Cherry Tomatoes on the Vine for Presentation

For the Dressing

- 2 Tbs Dark Soy Sauce
- 1 Tbs Honey Good Glug of Extra Virgin Olive Oil
- 3 Cloves of Garlic Crushed
- 1 Grind of Chipotle Chilli or (Pinch of Chilli Flakes)
- Juice of 2 Limes (or 2 Tbs of Lime Juice)
- Salt and Pepper
- 1 tsp Ginger Paste or a 1 thumb size piece of Ginger grated.

For Summer Vegetable Ragu

- 2 Small Sticks of Lemon Grass
- 1 Red Onion (not pictured)
- 1 Red Pepper
- 2 Kaffir Lime Leaves
- 1 400g Carton of Chopped Tomatoes
- Handful of baby Gherkins (to your taste)*
- Handful of baby Capers (to your taste)*
- 4 Small Jared Roasted Red Peppers*
- 1 Courgette
- 2 Tsp Dried Parsley.

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* Optional

Also Needed

- Frying Pan and
- Dish suitable for marinating the fish
- Small Bowl
- Oven Tray
- Tin Foil
- Wooden Spoon/Spatula
- Knife
- Tongs
- Can Opener
- Container for Ingredients

Method:

- 1 Preheat the oven to 200°C
- 2 Chop the onions into half moon slices (see below):



Place the onion in a container to use it later.

- 3 Chop the courgette into circles and then cut each circles into quarters, once you've done that place the onion in a container to use it later.
- 4 Chop the peppers into similar shaped pieces to the courgettes, if you are using the roasted peppers chop them in the same way, place the peppers in a container to use it later.
- 5 In a bowl mix all the ingredients for the marinade, the list above are only a guideline and should be tweaked to suit your tastes. Mix the Marinade and place in the fish.

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- 6** Leave the fish marinade for no more than ten minutes as the acidity in the limes will start to cook the fish.
- 7** Place a frying pan on the heat and heat some oil until it is warm. Once warm add the onions and stir regularly, you will need to cook these until they are starting to soften.
- 8** Add all the peppers and stir them regularly, these will take longer than the onions to soften. As with the onions the time on this depends on how big you've cut them – they will need to be soft.
- 9** Take the fish out of the marinade and place in on a sheet of foil, once you've done that pour the marinade over it and seal it up, allow enough space for air to circulate. I would make one parcel for each fillet and divide the marinade between the parcels.
- 10** Place on an oven tray and cook for approximately 15 minutes or until the fish is cooked to your liking.
- 11** Once the onions and peppers have combined add the courgettes and allow to cook. Keep the pan moving and allow all the vegetables to move around, you may need to add more oil at this point.
- 12** Add the lemon grass and the lime leaves; I would leave them whole as you can pull them out at the end. If you want to leave them in, cut them finely.
- 13** Add the tomatoes and fully mix all the ingredients together, it is important to stir thoroughly so that all the ingredients combine thoroughly.

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- 14** At this point I would add the capers and gherkins if you are using them. As they are baby capers and gherkins I wouldn't bother chopping them up but that's up to you. It should then look similar to this



- 15** I now added the sesame seeds and the parsley and allowed it to sit on a low heat for a couple of minutes while you get the fish out of the oven.



- 16** Serve on a plate along with the fish and the tomatoes on the vine. I poured the rest of the marinade over the fish to give it a sauce.



Hope you enjoy 😊