

# Pan fried trout in a creamy tarragon sauce



**BODY SHAPE**  
PERFORMANCE

1 tsp ghee or coconut oil  
1 handful curly kale  
1 x 150g fresh trout fillet  
handful of sugar snaps  
handful of asparagus spears  
50g frozen peas  
juice of 1 lemon  
½ tsp mustard seeds  
few sprigs of fresh tarragon, chopped  
1-2 tps nutritional yeast (or use soft cream cheese)  
¾ tsp garlic powder  
pinch of sea salt  
pinch of ground black pepper  
50g Greek yoghurt  
lemon wedge, to garnish

**SERVES 1**

Melt the ghee / oil in a frying pan over a medium heat. Add the kale and fry gently for 4-5 minutes, until crispy. Remove from pan and set aside. Increase heat to high and place the trout in the frying pan, skin side down. Fry for 5-6 minutes, until skin is crispy. Turn and cook for 2-3 minutes, until the trout is thoroughly cooked. Remove from pan and set aside. Reduce heat to low. Add the mustard seeds and roast gently for 1 minute, stirring. Remove frying pan from heat.

Steam the sugar snaps and asparagus for 3-4 minutes, until tender. Bring a small saucepan of water to the boil and add the peas. Cook for 1-2 minutes. Drain.

Place a small saucepan over a medium heat and add 50ml of boiling water. Add half of the lemon juice, the mustard seeds, tarragon, garlic powder, nutritional yeast, salt, pepper and yoghurt. Stir continuously for 1-2 minutes, until thoroughly heated.

Place the cooked greens on a plate. Add the trout and squeeze over the remaining lemon juice. Spoon the tarragon sauce over the trout and greens. Serve garnished with a wedge of lemon.



**PER SERVING:**  
355 Calories  
**31g Carbs**  
33g Protein  
**11g Fat**

