

# Pan roast sea trout



Makes: 2 servings

Cook time: 10 minutes

## Equipment

[Frying pan](#)

[Greaseproof paper](#)

## Ingredients

- 2x 150g portions of sea trout
- 1 tbsp oil
- Salt, to taste

## Instructions

1. Cut 2 pieces of greaseproof paper to be slightly bigger than the portions of sea trout.
2. Place the greaseproof in the frying pan and drizzle in the oil, allow to heat up on a medium heat.
3. Season the sea trout liberally with salt and place skin side down in the pan on top of the greaseproof.
4. Press the sea trout down firmly to ensure the skin is flat and has an even contact with the pan.
5. Cook for 3-4 minutes or until you can see 80% of the fish is cooked through.
6. Flip the sea trout and cook for 30 seconds to 1 minute, then remove from the pan and allow to rest for a couple of minutes before serving.

## Tips

Make sure the pan is not too hot when adding the trout as the skin will contract too quickly making it harder to get an even cook.

When cooking any fish in a pan you always want to follow the 80/20 rule, 80% on the presentation side to get a nice caramelisation then flip and cook the final 20%.