

Pan-Seared Fjord Trout and Crushed Potatoes with Creamy Lime-Dill Sauce

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Recipe source: Norwegian Seafood Council



INGREDIENTS:

For the Fish:

- 4 5-ounce Norwegian fjord trout fillets
- 2 tablespoons olive oil
- 2 tablespoons butter
- Sea salt and freshly ground black pepper

Crushed Potatoes with Lime and Dill:

- 2/3 pound new potatoes
- Olive oil, to taste
- Lime juice, to taste
- Lime zest, to taste
- 1 small handful of dill, chopped

Creamy Lime-Dill Sauce:

- ½ cup mayonnaise
- 1 small handful of dill, chopped
- Zest of 1 lime
- Juice of half lime

DIRECTIONS:

- Bring a large saucepan of salted water to the boil and cook potatoes for 8-10 minutes until just firm. Drain, refresh under cold water, peel and return to the pan.

- ✓ Note: Leave the potato skin on, if you prefer, or do a mix of peeled and unpeeled potatoes.
- Keep in a warm place or side of the stove and cover to retain the heat. When ready to serve, crush the potatoes with a fork, drizzle over olive oil and stir through lime juice, zest and dill.
- Combine all ingredients for the creamy dill sauce and season with salt and pepper.
- Season the fjord trout on both sides and heat the olive oil and butter in a frying over medium heat.
- When the butter is starting to foam, add the fjord trout skin side down and cook for about 3 minutes. Turn and cook another 3 minutes until fish is golden brown.
- Plate the fjord trout fillets, top with sauce and sprinkle with some grated lime zest. Serve with the crushed potatoes on the side.