



Andy's Stuffed Trout - Japanese Style

Created by Andy Owen

Ingredients - 2 people

Handful of Mushrooms, sliced
Vegetable oil, Olive Oil
2 eggs, lightly beaten
Strips of Red or Green Pepper
Beansprouts
Celery, sliced
1 teaspoon Soy Sauce
2 Trout, gutted and washed
Spring Onions
4 strips of Bacon
Salt & Pepper

(There's no specific amounts, as you just need to visibly calculate what you will need to stuff two fish).

Mix the vegetables together.

In a large frying pan or wok, heat the oil, then toss in the vegetables and stir fry for a couple of minutes. Add the egg and soy sauce and continue to toss and cook for another minute until the eggs begin to coagulate.

Take off the heat.

Brush the trout with olive oil, season well and then stuff each one with the vegetable mixture. Wrap 2 slices of bacon around each trout, tucking the ends under the trout.

Bake in a large baking dish making sure the trout are not touching, in a preheated 180 degree oven for about 15 minutes, until skin is crisp and the fish is opaque to the bone.

Test after 12 minutes. Vegetables will remain crisp.

Serve with herby new potatoes and asparagus.

Marvellous!