



Hot Smoked Trout & Asparagus Frittata



Ingredients

Serves 6

12 x fresh asparagus spears

8 x baby leeks

250g hot smoked trout fillets

6 x free range eggs

100ml x half fat crème fraiche

2 x tablespoons chopped fresh tarragon

Sea salt and ground black pepper

Fresh green salad to serve

Method

1. Set oven to 200°C. Add asparagus to a large pan of salted boiling water and cook for 5 minutes. Add leeks and cook for a further 2 minutes.
2. Drain and cool under running water. Drain and dry.
3. Flake fish into a lined baking tin, sprinkle in leeks and arrange asparagus in rows.
4. Beat the eggs with the crème fraiche, add tarragon and season. Pour over the asparagus.
5. Bake for 25 minutes until just firm. Cool for a few minutes and remove from tin. Slice and serve with fresh green salad.