

POTATO, TROUT AND ROSA TOMATO TAGINE



Serving: 4-6

Cooking Time: 50 - 60 minutes

Prep Time: 10 minutes

INGREDIENTS

- 4 trout fillets

- 10 new potatoes, skin on and boiled and halved lengthways
- 45ml (3 tbsp) olive oil
- 2 garlic cloves
- 10 Rosa tomatoes, halved
- 2 green pepper, grilled, skinned, seeded and sliced
- 10 black olives
- 125ml (½ cup) water
- Salt and freshly ground black pepper, to taste
- Fresh parsley, chopped to serve

INSTRUCTIONS

1. In a frying pan heat the olive oil and sauté the garlic. Add the tomatoes and toss through, cook until they begin to soften. Stir in the pepper and parsley, lemon zest and season.
2. In a 25cm tagine, spread the potatoes evenly over the bottom, scatter $\frac{3}{4}$ of the pepper and tomato mixture over the potatoes, then place fish on top. Top with the tomato mixture and olives. Add the water and drizzle with olive oil. Put the lid on and bake until the fish is cooked through, for (+/- 10 minutes).
3. Remove the tagine from the oven and flake the trout, sprinkle with the parsley and serve while still hot.