

SMOKED TROUT AND RICOTTA OMELETTE





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Preparation time: 10 minutes

Cooking time: 10 minutes

Serves: 4

12 eggs
sea salt flakes and ground white
pepper
2 red onions, sliced
2 cloves garlic, minced
1 Tbsp extra virgin olive oil

50g unsalted butter
1 smoked rainbow trout, flaked
2 cups spinach leaves
1½ cups ricotta, crumbled
shaved fennel, dill sprigs and crème
fraiche, to serve

1 Whisk the eggs in a bowl and season generously with salt and pepper. Set aside. Sauté the onions and garlic in olive oil until just softened. Set aside.

2 Heat 1½ tsp butter in a 20cm non-stick pan over a moderate heat, then add ¼ of the eggs mixing, swirling to coat. Move the mixture gently with a spatula, then allow it to almost set. Put some trout, spinach and ricotta on one side, then fold the other side over. Invert onto a plate, then top with fennel, dill and crème fraiche. Repeat with the remaining ingredients to make four omelettes.