

# grilled trout with orange and ginger

Serves 2

2 large or 4 small trout fillets, skinned and pinboned

salt and freshly ground black pepper

2 pieces stem ginger, finely chopped

grated zest and juice of ½ orange

1 tbs syrup from stem ginger

watercress to garnish

- Place the trout fillets in a large bowl and sprinkle with salt and pepper, add the chopped ginger, orange zest and juice and ginger syrup and turn the trout in the mixture to coat.
- Cover and chill for 1 hour.
- Heat the grill to a medium setting, place the trout and marinade in a small roasting tin and grill the trout until light golden on top but the centre is still slightly translucent.
- Garnish with watercress and serve.