



## *Rainbow Trout with lemon sage walnut sauce (Serves 4 - 6)*

### **Yarra Valley Salmon**

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### **Ingredients**

4-6 gilled and gutted rainbow trout flour olive oil salt and pepper

### **For serving**

Soft cooked polenta

### **Lemon sage walnut sauce**

1 bunch sage, leaves only 100 g walnuts, roughly chopped 100 g butter 1 large lemon 150 ml dry white wine

### **Method**

Lightly flour the fish and season with salt and pepper inside and out.

Pan-fry in olive oil for 5 minutes each side and then place in a preheated moderate oven for 7 minutes.

Meanwhile, crisp the sage, walnuts and butter, add lemon zest and wine and simmer until the liquid is reduced by half.

Serve the fish with hot, soft polenta and pour over the sauce.