



HOT SMOKED TROUT AND RYE BREAD OMELETTE

This savoury, textured omelette is topped with layers of toasted rye crumbs, soft spring onions and thick flakes of hot smoked trout. Dollops of lemon zested dill yoghurt add cool brightness to the warm, smoky flavours. It's a quick, hearty dish that feels both rustic and fresh, and is perfect for one.

Prep time 5 minutes | Cook time 10 minutes | Serves 1

70g sliced rye bread
4 spring onions
10g fresh dill
3 large Burford Brown eggs
130g fillet hot-smoked trout
4 tbsp Greek yoghurt
1 lemon
Olive oil
Salt and pepper

Crumble the rye bread into a 26cm nonstick frying pan and toast over a medium heat for 5 mins. Transfer the crumbs to a bowl.

Discard the ends of the spring onions and cut into thirds. Chuck into the pan with a drizzle of oil and cook to soften, tossing occasionally for 2 mins.

Finely chop the dill. Beat the eggs with a pinch of salt and pepper and add half of the dill. Once the spring onions have softened, chuck ½ of the rye crumbs back into the pan and add the eggs.

Use a rubber spatula to move the eggs around a bit, then flake the fish over the top and sprinkle over the remaining rye crumbs. Cover with a lid for around 1–2 minutes until the eggs are cooked to your liking.

Mix the remaining dill with the Greek yoghurt, finely zest over ½ lemon and season with pepper.

Slide the omelette onto a plate and dollop with the dill yoghurt.



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