

## COCKLE & APPLE PATTIES WITH SMOKED TROUT

*Serves 2 – Wonderful for breakfast or a light lunch*



### **Ingredients**

*65g tin **Cockles** - drained well  
1 tbsp Parsley - chopped  
2 Large potatoes - boiled & mashed  
2 **Smoked Trout fillets**  
2 tsp **Fino Olive Oil**  
**Halen Mon Sea Salt** and freshly ground black pepper  
1 Eating apple  
2 Eggs  
White wine vinegar*

Peel the potatoes and then boil them, once they are cooked drain and mash the potatoes. While the potatoes are cooking, peel and grate the apple. When your mash is ready stir the grated apple and **cockles** into the mash and season with **Halen Môn sea salt** and pepper. Shape this mixture into two small flat patties.

Fry patties with the **Fino Olive Oil** until golden brown on both sides. Put patties in oven at 220°C for 5-6 minutes to finish cooking.



In the meantime, place a pan of water with a splash of vinegar and **Halen Môn sea salt** on the heat and bring to a gentle simmer. When simmering, gently break the eggs into the water without breaking the yolks. Let the eggs cook for a couple of minutes till they turn white and are no longer rubbery, using a slotted spoon remove them from the water.

Place potato cake in the centre of the plate, top with **Smoked Trout fillets** and poached egg.

The **Smoked Trout fillets** can be substituted with **Smoked Salmon** or **Smoked Bacon**.