

SEA BASS WITH CUCUMBER AND SPELT SALAD

Serves 2/4, as either a main course or a starter

Ingredients

2 [Smoked Sea Bass Fillets](#)

150g Pearled Spelt

Half a cucumber

Half a red onion – finely diced

2 tbsp of [Cider Vinegar](#)

2 tsp Caster Sugar

Small bunch of mint – leaves and stems separated

1 tbsp [Fino Olive Oil](#)

Half of a lemon – juiced

Small bunch of coriander

[Halen Môn Sea Salt](#) and black pepper



Cut the cucumber in half, lengthways, scoop the insides out and chop into half-moons. Place in a bowl with the caster sugar, [Cider Vinegar](#) and [Halen Môn Sea Salt](#) and black pepper. Toss together so the cucumber is coated and leave to one side.

Rinse the pearled spelt and transfer to a pan, cover with cold water and put it on a high hob before bringing to a simmer. Add the mint stems to the water to add flavour while the spelt cooks. Cook for 10 – 15 minutes or until the spelt is tender but still has a bite to it. Drain any excess water and leave to stand for 5- 10 minutes.

In the meantime, loosely cut the mint leaves and coriander into a serving dish and flake the [Smoked Sea Bass](#). When the spelt has cooled add to the bowl and the pickled cucumber – including the pickling juices. Add some [Fino Olive Oil](#) and [seasoning](#).

Just before you serve, drizzle the lemon juice over the salad and toss again. Enjoy!

This also works well with [Traditionally Smoked Trout](#) or [Oak Roasted Salmon](#).