

## SMOKED TROUT & BROAD BEAN SALAD

*Serves 4 – A great, light lunch*

### Ingredients

2 [Smoked Trout Fillets](#), flaked

500g Broad beans or peas

350g Penne pasta

100g [Black olives](#), chopped

4 tbsp [Fino Olive Oil](#)

2 Lemons, zest and juice

1 Handful fresh parsley, chopped

1 Sprinkle fresh dill, chopped

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



Boil the broad beans for 3-5 minutes, until they float to the surface. Remove and drain the beans, and run under cold water (this will help them to keep their colour).

Cook the pasta and pour into a large mixing bowl – drizzle with [Fino Olive Oil](#). Add half of the broad beans to the bowl and mix well. Double-pod the remaining broad beans so they are sweeter and set aside.

Add the lemon juice and zest, [olives](#), parsley, dill and flaked [Smoked Trout Fillets](#) to the pasta. [Season](#) to taste and toss well to combine. Scatter over the double-podded broad beans.

Serve with plenty of [seasoning](#) and enjoy!