

## FENNEL AND FETA-STUFFED WHOLE TROUT

Clean the fresh trout by cutting down the centre of the stomach and removing the insides, and rinsing the stomach under running water. Using a scaling knife or butter knife, scrape from the tail to the head in fluid strokes to scale the fish. Rinse it again and pat it dry.

Heat oil in a saucepan over medium heat and sauté fennel and onion until translucent. Remove from the heat and mix in feta, breadcrumbs, egg and thyme. Season with salt and pepper.

Preheat the oven to 200°C. Divide the mixture into 6 portions and stuff the fish with it. Place fish in an oven tray, drizzle olive oil over, squeeze some lime juice over and place lime halves in the tray to bake with the fish.

Bake fish for 20 minutes or until the flesh is firm to the touch. Serve whole on a platter with lime halves.

Serves 12

6 whole fresh trout  
20 ml olive oil, plus extra for drizzling  
3 young fennel bulbs with some leaves, thinly sliced  
2 white onions, thinly sliced  
250 g feta cheese, crumbled  
100 g breadcrumbs  
2 eggs, lightly beaten  
bunch of fresh thyme, finely chopped  
salt and pepper  
4 limes, halved



