

Orecchiette with green beans and salmon trout

A harmonious and delicious combination of fresh salmon trout, crunchy green beans and Italian orecchiette.

Zutaten
4 Portionen

300 g Byodo Orecchiette
200 g Runner beans
200 g Bush beans
400 g Salmon trout fillet
125 g Pecorino
50 ml Byodo Roast Olive Mediterranean
2 Splash Lemon juice
1 Covenant Dill, fresh
2 EL Byodo Roast Olive Mediterranean
Sea salt
Pepper

Zubereitung

Cut the beans into bite-sized pieces and cook in salted water for 7-8 minutes.

Cook the orecchiette in salted water according to the packet instructions until al dente. Meanwhile, grate the pecorino and chop the dill. Rinse the fish fillet with cold water, pat dry and cut into four equally sized fillets. Drain the orecchiette and leave to drain.

Heat the frying olive in a pan and fry the salmon trout fillets on the skin side for 2-3 minutes. Season with salt and pepper, turn and fry for a further 2-3 minutes, depending on the thickness of the fish fillet. At the same time, heat 20 ml of frying olive in another pan over a low heat and add the beans. Season with salt and pepper. Add the noodles and chopped dill and continue to heat while stirring. Now add the grated pecorino and the remaining roast olive and fold in well. Add 2 dashes of lemon juice and season again with salt and pepper.

Arrange the pasta and fish on warmed plates and serve immediately.