



Trout macadamia

Serves four.

- * 4 Trout, cleaned and gutted
- * About 1/4 cup plain flour
- * 1 teaspoon salt
- * 1/2 teaspoon pepper
- * 60g butter
- * 2 tablespoons oil
- * 150g unroasted Macadamia pieces
- * 2 tablespoons freshly chopped parsley
- * Juice of 2 lemons

Dredge the trout in the flour seasoned with the salt and pepper; shake off any excess flour. Heat the butter and oil together in a frying pan and cook the trout for about 7 minutes, turning once or twice. Remove to a warm platter and add the nuts to the pan. Cook until lightly toasted. Add the parsley and lemon juice, and cook a minute more, slightly reducing the liquid to a glaze. Pour over fish and serve immediately.

Note: If using roasted macadamia nuts, add the nuts to the pan immediately before pouring over the fish.