

Smoked Trout Frittata Squares



Preparation time: 30 mins

Serves: 12 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes, Entertaining



Ingredients

- 1 whole smoked trout (about 400 g)
- 2 medium zucchini, coarsely grated
- 3 green onions, finely sliced
- 2 teaspoons chopped dill
- finely grated rind of 1 lemon
- 8 eggs
- 1/3 cup light sour cream, plus ¼ cup for topping
- dill sprigs, for garnish
- Accompany with fresh vegetable crudité to serve

Method

1. Preheat the oven to 180°C. Line a 26 x 16cm (base measurement) slice tin with non stick baking paper, extending over the two long sides.
2. Pull all the flesh from the trout, discarding the skin and bones. Flake the flesh and place into a large bowl. Squeeze out excess liquid from the zucchini. Add to the bowl along with the onions, dill and lemon rind; mix well.
3. Whisk the eggs and sour cream. Add to the bowl, stir to combine and season with salt and freshly ground black pepper. Pour into the prepared tin. Bake for 25-30 minutes, until set and golden brown.
4. Stand in the tin for 5 minutes, then lift onto a wire rack, and carefully slide out the paper. Cool completely.
5. Cut into 24 squares and place onto a serving platter. Top each piece with a small dollop of light sour cream, and a dill sprig.

Notes

Accompany with fresh vegetable crudités to serve

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
110g	525kj 125kcal	14.3g	6.9g	2.8g	1.3g	1.3g	557mg	0.4g

All nutrition values are per serve.