

Fish wellington with cherry tomato salad

Total time **110 mins** 10 mins preparation time 30 mins cooking time 70 mins cooling time

Nutritional facts (per portion):
2,597.5 kJ / 620.5 kcal

Fat: **34.8 g** Protein: **29.8 g**
Carbohydrates: **43 g**

INGREDIENTS

2 portion(s)

220 g Rainbow trout (or salmon) fillets
0.5 tbsp Honey
0.5 tbsp Olive oil
3 tbsp Lemon juice
1 tbsp [Kikkoman Naturally Brewed Soy Sauce](#)
170 g Puff pastry, rolled out
1 Egg yolk
Cherry tomato salad:
380 g Cherry tomatoes
40 g Red onion
10 Leaves of fresh basil
1 tbsp Lemon olive oil
0.75 tbsp [Kikkoman Naturally Brewed Soy Sauce](#)
Few drops of lemon juice

PREPARATION

Step 1

If the fillets have skin, remove this and any bones. Then cut the fish into 4 equal pieces. In a bowl, mix honey, olive oil, lemon juice and [Kikkoman Soy Sauce](#), add the fish and stir. Leave in the fridge for 60 minutes.

Step 2

Divide the puff pastry into 4 rectangles. Place a piece of fish in the middle of each (it is good to pat it dry gently beforehand so that there is not too much marinade on the pastry). Bring the puff pastry over the top of the fish and press the sides together. Brush with a beaten egg yolk. Bake in an oven heated to 180°C for approx. 30-35 minutes (until the pastry is brown). Let it cool for 5-10 min.

Step 3

In the meantime, prepare the salad – cut the cherry tomatoes into 2-3 pieces. Finely chop the onion and basil leaves. Put cherry tomatoes in a bowl, sprinkle with lemon juice, add onion, basil, lemon olive oil, [Kikkoman Soy Sauce](#).

Step 4

Serve the baked fish with the salad.