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Whole Trout 1kg



(26 Reviews)



PURCHASE OPTIONS: (REQUIRED)

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QUANTITY

1

ADD TO BASKET

ADD TO WISH LIST

£12.75



Fresh



Farmed



Raw



NEXT DAY

SUBSCRIPTIONS AVAILABLE

We are proud to supply British wherever possible, and this British trout is an instant winner. Expertly gutted and kept whole for you to cook however you please.

Whole fish for ultimate flavour

Impress anyone at your table

Locally sourced

PRODUCT DETAILS

SOURCING

REVIEWS

Product Details

We share your enthusiasm for cooking fish whole, and we couldn't agree more about the incredible eating experience it offers. Keeping the fish whole during cooking allows the moisture to be sealed, resulting in a truly exceptional taste and texture. Additionally, the visual impact of serving a whole fish as the centrepiece of your meal cannot be overstated—it adds an element of elegance and sophistication to any gathering.

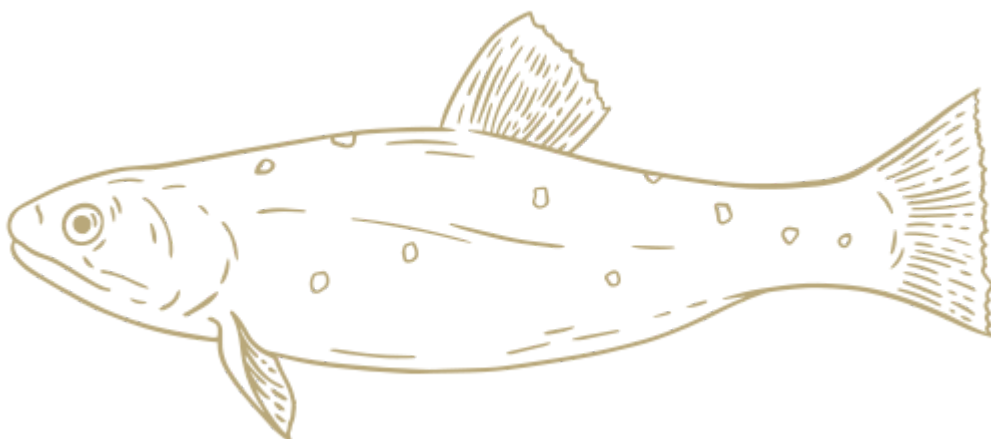
Our visually stunning and delicious trout is the perfect choice to elevate your dinner parties and offer your guests a trendy alternative to salmon. Their nutty flavour and succulent mouthfeel will captivate your taste buds from the first bite. Cooking them is a breeze, allowing you to impress your guests effortlessly. Consider baking the trout stuffed with herbs and butter for a flavorful and aromatic dish. Alternatively, grilling them on the BBQ provides an excellent opportunity to enhance their natural flavours while adding a smoky note. Whichever method you choose, the result will be nothing short of delightful.

By incorporating trout into your diet, you are also taking a step towards meeting the NHS recommendation of consuming at least one portion of oily fish per week. Trout is a source of Omega-3 fatty acids, which play a vital role in maintaining the normal functioning of the heart, brain, and vision and regulating cholesterol levels. Additionally, trout is a source of Vitamin B12, promoting energy metabolism and helping to reduce feelings of tiredness and fatigue.

Indulging in the exceptional taste and health benefits of our meticulously sourced and prepared trout will leave you satisfied and contribute to a well-rounded and nourishing diet. So, why not make trout the star of your next meal and savour its remarkable flavour, texture, and nutritional value?

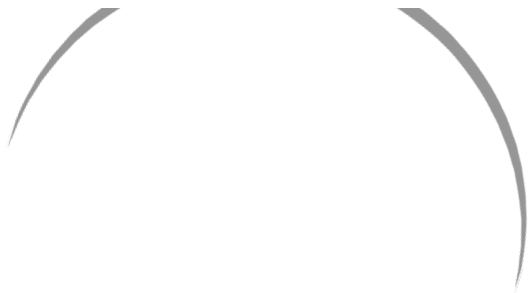
Contains **Fish**

For allergens, including cereals, see ingredients in **bold**



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Choose the weight you need

£11.20 - £20.60

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Freshly frozen to plaice in your freezer

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Cod Loin Portions 1kg

Best Quality skinless frozen cod portion pack

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Smoked Kipper on the bone (whole)

Traditionally smoked whole Kippers

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