

Butter Lemon Trout



Today I want to share a very simple recipe for fish, I used steelhead trout for this recipe. This fish can make a wonderful weekday dinner, while the fish is in the oven just prepare a simple green salad to go with it. It is healthy and so tasty.

Ingredients:

2 trout filet

1 to 2 tablespoon parsley finely chopped

4 cloves of garlic finely chopped

$\frac{1}{2}$ teaspoon paprika

$\frac{1}{2}$ teaspoon red pepper

2 tablespoon butter

$\frac{1}{2}$ tablespoon olive oil

1 lemon, peel grated.



Method:

Melt the butter in the microwave and add the olive oil, garlic and parsley.

Place the fish in a slightly oiled baking dish, sprinkle with paprika and red pepper and baste the trout with the butter mix.

Bake in a pre-heated oven at 375F for approximately 15 minutes or until the fish flakes easily with a fork.

Place on a serving plate and squeeze the lemon juice over the trout and garnish with the lemon peel. Serve hot.





Did you know that steelhead trout is very similar to salmon? Steelhead trout and rainbow trout are the same species, salmonid and is often called salmon trout.

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