

Rosemary Trout with Cherry Tomato & Shallot Relish

Ingredients

Pint Cherry Tomatoes, halved
1 lg Shallot, chopped
1 tbsp Balsamic Vinegar
2 tsp fresh Rosemary, finely chopped
8 sprigs fresh Rosemary
4 tbsp Olive Oil, divided
Coarse Kosher Salt
4 each Butterflied Trout

Directions

In a mixing bowl, combine tomatoes, shallot, vinegar and chopped rosemary. Stir in 1 tbsp oil. Season with salt and pepper to taste.

Open trout like a book. Sprinkle with salt & pepper. Place 2 rosemary sprigs in each. Fold over to close.

Put about 1 1/2 tbsp oil each in two large nonstick skillets. Heat over Medium High. When oil is hot, add 2 trout to each skillet. Do not overcrowd pan or fish will steam rather than brown. Cook trout until browned outside and opaque in center, about 4 minutes per side.

Transfer trout to plates and spoon sauce over. Try serving with orzo.

Serves: 4

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