

Thai-Style Roasted Trout

Ingredients

4 each trout fillets
2 tbsp fresh lime juice
1 tbsp fish sauce
2 tsp dark sesame oil
1/2 tsp crushed red pepper
Cooking spray
1/4 cup coarsely chopped
fresh cilantro
Lime slices, optional
Cilantro sprigs, optional

Directions

Preheat oven to 450. Combine lime juice, fish sauce, sesame oil and crushed red pepper in a small bowl. Stir well.

Arrange trout on a jelly roll pan coated with cooking spray. Brush half of juice mixture inside of fish. Bake at 45 for 5 minutes. Brush remaining juice mixture over fish. Bake an additional 5 minutes or until fish flakes easily when tested with a fork. Sprinkle with chopped cilantro, garnish with lime slices and cilantro sprigs if desired.

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