



Roasted Trout

with Tomato, Lemon & Dill

Yield: Serves 4

Ingredients

Trout fillets, 7-9 oz each, skin on	2 ea.
Medium tomato, sliced into ½ rounds	1 ea.
Medium yellow onion, thinly sliced	½ ea.
Garlic clove, minced	2 ea.
Lemon, thinly sliced	
Extra virgin olive oil	
Salt	
Fresh dill, roughly chopped	

Amounts

Method

1. Place the trout skin side down in either a well seasoned cast iron skillet or on a baking sheet lined with parchment paper.
2. Sprinkle the salt and garlic directly to the fish's flesh and then arrange the slices of tomato, onion and lemon on top
3. Drizzle with olive oil.
4. Roast in a preheated oven at 375°F for 10-15 minutes. The fish's flesh will become firm but should still be slightly translucent when fully cooked.
5. Add dill just before serving

Notes

This dish is very simple and fast to whip up, a great idea for any weeknight.

The method can be used with fish that you have available and you can change out any of the toppings to switch it up.

Other flavour suggestions

Lime, Red Onion, Garlic, Cilantro, Chili Flakes

Orange, Garlic, Ginger, Sesame Oil, Soy Sauce

Onion, Tomato, Peppers, Basil

