

Grilled Rainbow Trout

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Farmed rainbow trout are an environmentally-friendly (and very economical) ways to enjoy seafood regularly.

Ingredients:

¼ cup canola oil, plus additional, for grill
1 tablespoons minced fresh ginger
1 teaspoon grated lime zest
1 teaspoon red pepper flakes
2 tablespoons fresh lime juice
Sea salt and black pepper, to taste
4 (4- to 6-ounce) fillets rainbow trout

Directions:

- 1) Heat oil in a medium skillet over medium; add ginger, lime zest, and red pepper. Cook until just browned, about 30 seconds, stirring. Remove from heat; whisk in lime juice. Season to taste. Set aside.
- 2) Preheat grill to medium; brush gently with oil. Grill trout fillets until fish turns opaque, turning once, about 4 minutes total. Remove trout from grill and arrange on serving platter.
- 3) Pour lime dressing over trout and serve immediately.