

Trout and Capers in Lemon Butter Sauce

2 SERVINGS 20 MINUTES



INGREDIENTS

2 Rainbow Trout Fillet
1 tbsp Avocado Oil
4 Garlic (cloves, minced)
1/2 Lemon (juiced)
2 tbsps Butter
2 tbsps Capers (optional)

NUTRITION

AMOUNT PER SERVING

Calories	366	Iron	1mg
Fat	24g	Vitamin D	0IU
Carbs	3g	Folate	24µg
Fiber	0g	Magnesium	55mg
Protein	33g	Zinc	2mg
Vitamin C	11mg		

DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Add the trout, skin side up and cook for 1 to 2 minutes. Flip to the other side and cook for another minute.
- 02 Remove the pan from heat and cover with a lid for 5 to 10 minutes, or until trout is cooked through. Divide onto plates. Cover to keep the fish warm.
- 03 Add the capers (optional), garlic and lemon juice to the same pan. Cook over medium heat for 3 minutes or until garlic is soft. Turn off the heat and stir in the butter until melted.
- 04 Drizzle the lemon butter sauce over the trout fillets. Enjoy!

NOTES

RECIPE ID 310

CAPERS

Capers add flavor during cooking. Remove before eating the salmon.

NO TROUT

Use salmon instead.

NO LEMON

Use apple cider vinegar instead.

TROUT FILLETS

Each fillet should be approximately 159 grams or 5.6 ounces in size.