

Simple Asian Trout or Salmon

Serves 1 | Active Time: 10 minutes | Total Time: 30 minutes

Swick

Chef's Notes

Fresh and light, this Asian accented trout is easy-to-prepare and full of flavor.

This trout can be grilled, baked, steamed, or barbequed. The marinade is also equally delicious with salmon, prawns, chicken or tofu.

Marinating the Trout

To make the marinade, finely mince the garlic and ginger. Add it to the Bragg liquid aminos or tamari, along with the white pepper.

Place the trout, skin side up, into a casserole dish and spoon some of the marinade over top.

Cover and marinate for 20 to 30 minutes in the refrigerator.

Step 1: Marinating the Trout

- 1 tbsp garlic
- 1 tbsp ginger
- 1/2 cup Bragg liquid aminos or low-sodium tamari
- 1/4 tsp white pepper
- 4 pieces trout fillets

Pan-frying the Trout

Heat a fry pan to medium-high heat and add the oil.

Pan-fry the trout skin-side down. Let the trout cook for a few minutes or until it is cooked almost halfway through before flipping. Cook on the other side for a minute or so or until it is done to your liking.

Serve immediately on a bed of rice along with steamed vegetables for a light and healthy dinner.

Step 2: Pan-frying the Trout

- 1 tbsp grapeseed oil