

BAKED TROUT



SERVING SIZE

3



INGREDIENTS

ITEM

Trout Fillets (8oz each), Halved
Olive Oil, Divided
Dijon Mustard
Cloves Garlic, Minced
Dried Oregano
Chili Flakes
Salt

QUANTITY

2
1½ Tbsp.
2 Tsp.
2
1 Tsp.
½ Tsp.
½ Tsp.



PREPARATION

- Preheat your oven to 375°F (190°C).
- Rinse the trout fillets under cold water and pat them dry with paper towels.
- Halve each fillet to make them easier to manage and serve.
- Place the trout fillets on a baking sheet lined with parchment paper. Brush the fillets with olive oil.
- In a small bowl, combine the remaining olive oil, Dijon mustard, minced garlic, dried oregano, chili flakes, and salt. Mix well to create a uniform marinade.
- Spread the marinade evenly over the trout fillets. Make sure to cover both sides of each fillet to infuse them with flavor.
- Place the baking sheet in the preheated oven. Bake the trout for about 12-15 minutes or until the fish flakes easily with a fork.
- The trout is done when it reaches an internal temperature of 145°F (63°C) and its flesh appears opaque.
- Remove the baked trout from the oven and let it rest for a couple of minutes. Serve hot and Enjoy!