

Roasted Trout with Asparagus

Serves 4

Ingredients:

- 2 Tablespoons fresh lemon juice
- 2 Tablespoons extra virgin olive oil, plus extra for drizzling
- 1 Tablespoon **whole grain mustard**
- 2 Tablespoons minced shallot
- 2 Tablespoons capers
- Salt and pepper
- 1 1/2 lb. steelhead trout (or other fish) with skin on
- 1 lb. asparagus, trimmed
- **For serving:** about 2 Tablespoons unsalted butter, softened

Instructions:

1. Preheat oven to 450 degrees F.
2. Whisk together lemon juice, olive oil and **mustard**. Add shallots, capers, salt and pepper and mix again.
3. Place the trout on a **sheet pan** and surround with asparagus. Pour the dressing over the trout. Drizzle a little olive oil over the asparagus and season with salt and pepper.
4. Roast trout and asparagus for 15 minutes. Remove from oven and dot fish and asparagus with softened butter, if desired. Transfer to a serving platter and serve immediately.