

Marie Saba

from my kitchen to yours

Roasted Trout with Asparagus

Serves 4

Ingredients:

- 2 Tablespoons fresh lemon juice
- 2 Tablespoons extra virgin olive oil
- 1 Tablespoon whole grain mustard
- 2 Tablespoons minced shallot
- 2 Tablespoons capers, drained
- Salt and pepper
- 1 ½ lb. steelhead trout, washed and patted dry
- 1 lb. asparagus, trimmed



Instructions:

1. Preheat oven to 450 F (232 C). Line a baking sheet with parchment paper.
2. Whisk together lemon juice, olive oil and mustard. Add shallots, capers, a small pinch of salt, and pepper; whisk again.
3. Place trout on the parchment and surround with asparagus. Pour the dressing over the trout and spread gently with a fork so the dressing covers the top of the fish. Drizzle a little olive oil over the asparagus and season with salt and pepper.
4. Roast trout and asparagus for 15 minutes. Serve warm.

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