

Seared Rainbow Trout Recipe



This pan-seared rainbow trout recipe cooks in less than 10 minutes. It's flaky, tender, and comes with multiple cooking options. **Watch the video below to see how I make it in my kitchen.**

Course	Main Course
Cuisine	American
Prep Time	2 minutes
Cook Time	7 minutes
Total Time	9 minutes
Servings	4 servings
Calories	162kcal
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Ingredients

- 4 rainbow trout fillets 4-6 ounces each
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 3 tablespoons butter
- 5 cloves garlic mincec

Instructions

1. Pat dry the trout fillets before seasoning with salt and pepper. Rub the lemon juice all over each one.
2. Add the oil to a non-stick skillet or grill over medium heat. Place the trout fillets flesh side down onto the pan, pressing lightly so that it sears. Sear for 3-4 minutes, until crispy and golden. Flip and cook for a further two minutes. Add the butter, garlic, and a pinch of fresh parsley, and stir around each fillet.
3. Remove from heat, drizzle with extra butter, and sprinkle with more parsley.

Notes

TO STORE: Leftovers can be stored in the refrigerator, covered, for up to three days.

TO FREEZE: Place the grilled and cooled fish in an airtight container and store it in the freezer

for up to two months.

TO REHEAT: Microwave the fish for 30-40 seconds or reheat in a non-stick pan until crispy.

Nutrition

Serving: 1serving | Calories: 162kcal | Carbohydrates: 2g | Protein: 25g | Fat: 12g | Sodium: 359mg
| Potassium: 34mg | Fiber: 0.2g | Vitamin A: 265IU | Vitamin C: 4mg | Calcium: 12mg | Iron: 0.1mg |
NET CARBS: 2g

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