

Grilled Trout with Parsley, Lemon & Thai Chili Peppers

Prep Time: 10 mins

Cooking Time: 22 mins

Serves: 2

Ingredients:

- 1 1.5 lb whole trout – scaled, gutted and cleaned
- 1 tbsp extra virgin olive oil (evoo)
- ½ tsp coarse salt
- ½ tsp coarse pepper – freshly ground
- ½ cup parsley – washed and rough chopped
- 4 Thai chili peppers – seeds removed, thinly sliced
- 1 lemon – zested and sliced
- 1 lemon – halved
- Sprigs of dill - garnish



Kitchen Tools:

- Cutting board
- Chef's knife
- Rasp for lemon zest
- Baking sheet
- Wire rack
- Aluminum foil
- Oil spray
- Spatula
- Tongs

Instructions:

1. Preheat oven on broil
2. Score trout on each side with a knife, 6 - 8 scores ¼" deep
3. Season the trout with evoo, salt and pepper on both sides and cavity
4. Add parsley, lemon slices and ½ chili peppers to the trout cavity
5. Line baking sheet with foil, lay rack on sheet, and spray with oil spray
6. Place fish on wire rack
7. Sprinkle lemon zest and remaining chili peppers over trout
8. Place lemon halves on wire rack
9. Cook for 6 minutes per side until golden brown
10. Change oven temperature to 400'f – cook until an internal temp of 140'f (approx. 10 mins.)
11. Remove from oven and squeeze roasted lemon over trout
12. Garnish with sprigs of dill
13. Let rest for 5 minutes
14. Carefully remove filets from the bone
15. Cut into 3 - 4" pieces and serve with your favourite sides

Recipe by: The Kitchen Tool

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Notes:

- Total cooking time will depend on the size and thickness of the trout
- Use an excellent quality thermometer to check doneness
- Broiling times may vary depending on your oven and location of the oven racks
- Ensure there is a minimum of a few inches between the trout and top element

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