



Recipe
suggestions

Baked rainbow trout with mushrooms (serves 2)

Ingredients

- > 2 rainbow trout fillets
- > 1 tomato, sliced thinly
- > 1 onion, sliced thinly
- > 6 medium fresh mushrooms, sliced
- > 1 tbsp fresh lemon juice
- > 1 tbsp mayonnaise
- > Salt and pepper to taste

Method

- > Cut a piece of foil large enough to enclose the fillets and sprinkle with oil
- > Place the trout fillets on the foil and coat with 1 tsp of mayonnaise
- > Add lemon juice, salt and pepper.
- > Layer onions, tomatoes, and mushrooms on the trout fillets and bring the corners of the foil together to make a packet.
- > Place in a pre-heated oven at 180°C for 20 minutes
- > Open the packet and place under a medium grill until slightly brown, and it should flake easily when fully cooked.

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