

BAKED STEELHEAD TROUT

ingredients:

- 1 steelhead trout fillet (scaled, skin on or off.)

For the honey lemon sauce:

- 2 Tbsp honey
- 2 Tbsp lemon juice
- 2 Tbsp extra virgin olive oil
- 3 Tbsp low sodium soy sauce
- 2 Tbsp Dijon mustard
- Fresh ginger root (1" piece), peeled and grated)
- 2 cloves garlic, minced
- 1 tsp kosher salt
- 1 tsp ground pepper
- 1/4 tsp cayenne pepper
- 1 Tbsp fresh parsley, finely chopped
- 2 Tbsp white wine
- 2 Tbsp fresh finely chopped parsley for garnish, optional

directions:

1. In a small bowl, whisk together all the ingredients for the sauce and set aside.
2. Place the trout in a large Ziploc bag. Cover the fish with the sauce and place in the refrigerator for 4 hours.
3. Preheat the oven to 450°F.
4. Transfer the trout, with the sauce, onto a foil boat, place on a baking sheet. Bake at 450°F for about 15-20 minutes or until the fish is tender and flakes easily.
5. Serve with vegetables, crusty bread, and a glass of wine.

Enjoy!

