



TROUT WITH LEMON AND ROSEMARY WITH MEDITERRANEAN HERB BUTTER

INGREDIENTS

- 125 grams of dairy butter
- 2 cloves of garlic
- 15 grams of flat parsley
- 1 tablespoon of dried oregano
- 4 black olives
- 1 tablespoon of capers

- 1 lemon
- 2 whole trouts
- 4 twigs of rosemary
- 2 tablespoons of olive oil

MAIN COURSE

PERSONS

TIJD: 25 MINUTES

DIRECTIONS

Let the butter soften in a bowl.

Squeeze the cloves of garlic above it.

Grate the lemon.

Chop the parsley, olives and capers fine.

Mix everything well with a fork.

Put the herb butter covered till use in a cool place or in the fridge.

Halve the lemon lengthwise and slice the halves in slices.

Fill the hollow with slices of lemon, the round size to the outside. Put a twig of rosemary on the lemon slices and close the trouts.

Put a big frying pan at medium fire. Sprinkle olive oil on the trouts.

Put the trouts in the pan and fry them in 8 - 10 minutes cooked. Turn the fish after 4 - 5 minutes.

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