



Trout with Herbs

Overview

Servings: 4

Ingredients

Fish:

- 50g Fresh Rosemary
- 50g Fresh Lemon Thyme
- 50g Fresh Tarragon
- 50g Fresh Oregano
- 5 Tablespoons Olive Oil
- Chilli Salt
- 1 Tablespoon Lemon Pepper
- 3-4 Tablespoons mixed Peppercorns
- 4 Fresh Trout, Approx. 300g Each, Oven-Ready
- 1 Organic Lemon
- Sea Salt
- 4 Sprigs Curly-Leaf Parsley
- 1 Teaspoon Cocoa Powder
- 30g Butter

Methods

Step 1

Prepare the herbs by rinsing and shaking dry. Chop half of the herbs finely and set aside.

Step 2

Drizzle olive oil into the universal pan, making sure to cover the base. Sprinkle chilli salt, lemon pepper and mixed peppercorns over the top. Lay all the herbs evenly on top.

Step 3

Rinse the trout briefly in cold water and pat dry with a kitchen towel. Wash the lemon in hot water and dry before grating its zest. Squeeze the lemon and set the juice aside. Drizzle the trout with lemon juice and season with sea salt both inside and out. Place a sprig of parsley inside each trout along with a pinch of lemon zest.

Step

Place the trout into the universal pan. Top with the chopped herbs, cocoa powder and knobs of butter. Cook as indicated.

Setting Procedure

With meat thermometer
4D Hot Air
190 °C
Core temperature 70 °C