

Thai Trout

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In the tradition of authentic Thai cuisine, this recipe is all about whole baked fish in lots of spices. It's easy to make but delivers a strong punch of flavor.

Ingredients:

2 tablespoons fresh lime juice
1 tablespoon fish sauce
1 tablespoon brown sugar
1 tablespoon toasted sesame oil
1 tablespoon soy sauce
1 teaspoon ground coriander
½ teaspoon red pepper flakes
4 (6-ounce) trout fillets
1/3 cup chopped fresh cilantro
1 lime, cut into 4 wedges

Directions:

- 1) Preheat oven to 450°F.
- 2) Whisk together lime juice, fish sauce, sugar, oil, soy sauce, coriander, and pepper in a medium bowl. Add trout fillets to bowl; turn to coat. Cover and refrigerate 15 minutes.
- 3) Remove trout from marinade; transfer to a lightly greased baking sheet. Bake until fish flakes easily, about 10 minutes.
- 4) Serve with cilantro and lime.