

Summer Trout in Foil

Serves 4

Ingredients: -

4x250g/8oz - trout, heads and tails removed

Sprig of fresh herbs - parsley, thyme or dill

15ml/1 tbsp - olive oil

15ml/1 tbsp - lemon juice per fish

4 - mushrooms, thinly sliced

4 - tomatoes, thinly sliced

4 - spring onions, chopped

Ground pepper

Method: -

Gut the trout, wash and dry.

Sprinkle inside and out with lemon juice.

Place the herbs inside each fish, season with pepper.

Brush four pieces of foil with oil.

Place fish onto foil and add the onions, mushrooms and tomatoes.

Crimp and fold foil to make a well sealed parcel.

To: oven cook: - preheat oven 190°C/375°F/gas mark 5. Place parcels on a baking tray and cook for 30 minutes.



Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.

To: barbecue: - Place on barbecue for approximately 30 minutes.

Serve with a green salad.
