

# Baked whole trout

**Notes** quantities are for 2 people

## Ingredients

- 2 Local Whole Trout gutted and cleaned
- 1 Lemon to slice
- Juice of ½ lemon
- 1tbsp Thyme + extra if wanted
- 1tbsp Parsley + extra if wanted
- 1tbsp Olive Oil
- Chilli flakes or sliced fresh chilly (optional)

## Method

Cut three slices of lemon and cut each into thirds

Mix together lemon juice, thyme, parsley, olive oil and a pinch of chilli flakes

Wash the trout and pat dry then make two 3 – 5cm cuts, 1cm deep, on each side

Baste the fish with the mixture and put any surplus inside the body with extra parsley and thyme.

Put the thirds of sliced lemon in each of the cuts.

## In the oven

Heat the oven to 200C then wrap in foil or baking paper and bake for 15 to 20 mins depending on size of fish. Check the fish comes easily off the bone and serve.

## On the BBQ

Heat the BBQ, grease the fish tray place on the BBQ, place the oiled fish on the tray then grill for 5 mins. Turn and grill for 5 mins more. Check the fish flakes from the bones and serve.

## Extra thoughts

This recipe also works well with other whole fish including Bream and Sea Bass. It also works well with fillets. Simply top with breadcrumbs and the marinade mixture and cook for about 5 minutes depending on the size of the fillet.