



Grilled Trout with Lemon & Olive Oil

Difficulty level:



Ingredients:

- 2 x Whole, Cleaned Fresh Eildon Trout
- Olive Oil
- 2 Lemons (sliced)
- Fresh Herbs of your choice (parsely, thyme, basil)
- Salt & Pepper
- Fresh Chilli (finely sliced) - *optional*

Method:

1. Heat the grill to high.
2. Prepare the trout by making several cuts on the skins on both sides of the fish (approx. 6 cuts, 0.5cm deep)
3. Combine remaining ingredients in a bowl then rub over the trout, ensuring the skin is coated and filling the cavity well.
4. Place the trout on a tray and grill for 6-8 minutes on each side until golden.

