

Easy Baked Butterfly Trout

Ingredients: Directions:

Serving Size: 2
Yield: 2 butterfly fillets
15 minutes

- Olive oil
- 2 butterflied trout fillets
- 1 lemon, sliced
- 4 fresh parsley sprigs
- Salt and ground black pepper
- Butter (if desired)

1. Heat the oven to 400 degrees F.
2. Cut two sheets of aluminum foil bigger than your opened butterflied fish.
3. Lightly oil both sides of the trout fillets and place them skin side down individually on the foil. Season both sides with salt and pepper, to taste. Divide evenly and place the parsley sprigs and lemon slices down the middle of both fillets. (You can add butter should you want some additional flavor.)
4. Fold up the foil by grabbing at the edges and folding together to seal the fillets within the foil.
5. Place each foil packet on a baking sheet and bake for 10-12 minutes, until the flesh is fully cooked and flakes apart with a fork.
6. Place each packet on a plate and carefully open the foil. Slide the fillets on your plate and top each fillet with the remaining juices in the packet. You can add additional seasoning and fresh squeezed lemons if desired. Enjoy!