

Asian Rainbow Trout



- Prep:20 min
- Cook:7 min
- Ready In:27 min

“This delicious, simple recipe that I put together after asking various people what to do with rainbow trout! The soy sauce can be adjusted to taste. My family loves this with steamed rice and snow peas.” - by KerriJ

Ingredients

- 4 (6 ounce) fillets boneless, skinless rainbow trout
- 2 teaspoons soy sauce
- salt and pepper to taste
- 1 teaspoon white sugar
- 1 teaspoon olive oil
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh ginger
- 4 green onions, chopped

Original recipe yields 4 servings

Directions

1. Rub trout fillets with soy sauce. Season with salt, pepper, and sugar; set aside.
2. Heat olive oil in a large skillet over medium-high heat. Add garlic, ginger, and green onions; cook and stir until golden brown. Add trout fillets and cook until browned and crispy, about 3 minutes. Turn fillets over, and continue cooking until the fish flakes easily with a fork, about 3 minutes more.

Nutrition

Amount Per Serving (4 total)

- Calories 222 cal, Fat 7 g, Carbs 2.7 g