

BBQ Teriyaki Trout

Recipe from The British Trout Association.

Serves: 2

Ingredients

2 British trout fillets

100ml Teriyaki Sauce

Vegetable oil

Half a lemon

1 tsp sesame seeds

Few fresh chives, snipped

Method

Marinate the trout fillets in the teriyaki sauce for 1 hour.

Meanwhile light the barbecue or preheat the grill. When ready, brush the grill with vegetable oil to help prevent sticking, then carefully remove the trout fillets from the marinade onto the grill skin side down.

Brush on more of the marinade as it cooks to build a nice glaze. Cook for about 8-10 minutes depending on the heat.

Squeeze over a little lemon juice and serve sprinkled with sesame seeds and chives.