

# Roasted Gleamer

Serves: 8-10

## Ingredients

1 x ChalkStream Gleamer

1 lemon

Thyme

Mint

Rosemary

Salt and pepper

Olive oil

## Method

Heat the oven to 180/200°C.

Get a large roasting tray that the Gleamer will fit inside - you will probably need to lay it diagonally across the tray.

Put down enough aluminium foil to wrap your entire trout.

Place trout on top of the foil and oil the fish, inside and out, and add plenty of salt and pepper.

Then put your herbs (we like adding thyme, mint and parsley) and some lemon slices in the middle cavity of the trout.

Fold up the foil by grabbing at the edges and crimping together to make a packet.

Place in the oven and cook it for 35 minutes.

When it is done, the flesh should pull apart easily with a fork.

Slide the fish away from the packet and onto the plate and pour juices over it. Serve with more fresh herbs and lemon slices.