

Super Tasty Soy and Seven Spice Trout Fillets

Easy, quick and next level tasty - this trout dish is the perfect midweek supper. Recipe by Tim Maddams.

Serves: 2

Prep time: 10 mins

Cook time: 15 mins

Ingredients

For the seasoning sauce:

2 teaspoons soy sauce

2 teaspoons Thai “chilli and shrimp paste”

2 teaspoons of brown sugar

2 teaspoons tomato puree

1 teaspoon Chinese 5 spice

For the dressing:

The remaining 1/3 of the seasoning sauce

1 teaspoon sesame oil

Juice of half a lime

1 extra teaspoon soy sauce

1 dessertspoon sunflower oil

Suggested accompaniments:

Ribbons of cucumber and some steamed rice

Method

Pre heat the oven – 180°C.

Mix the seasoning sauce ingredients together in a small bowl to make a rich, aromatic paste.

Place a piece of baking parchment on a baking sheet and place the trout fillets on this, skin side down.

Evenly spread 2/3 of the seasoning sauce over the trout and bake in the oven for around 12 minutes.

Meanwhile stir all the dressing ingredients together.

Once the cooked trout has rested for a minute or two, place it on the serving plate and drizzle over some of the dressing.

Add whatever you are going to use as an accompaniment and serve.