



TESTED TILL PERFECT RECIPES
Main Course

GRILLED STEELHEAD TROUT WITH FRESH HERB CRUST



PREP TIME
30 Minutes



COOK TIME
20-25 Min



SERVES
6

Ingredients...

- 1 1/2 - 2 lb steelhead trout or salmon filet

Topping:

- 3 tbsp capers, roughly chopped
- 1 cup fresh parsley, chopped
- 1/2 cup fresh basil, chopped
- 1/4 cup fresh dill, chopped
- 1/4 cup fresh thyme, chopped
- 1 tsp dried oregano
- 1/4 cup fresh chives, chopped
- 2 shallots, diced
- 2 cloves garlic, minced
- 1/4 cup olive oil
- 1/4 cup melted butter
- 2 lemons, zested and juiced

Sauce:

- 3/4 cup Greek yogurt
- 1 tbsp fresh dill



Method

1. Preheat barbecue to high, then when it reaches temp, reduce heat to medium-low. Place a grill pan or grill sheet on the barbecue. Alternatively, you can also use a cedar plank that has been soaked in water for 4 hours.
2. **Topping:** In a bowl, combine capers, parsley, basil, dill, thyme, oregano, chives, shallots, garlic, olive oil, butter, lemon juice and zest.
3. Place the salmon on the grill pan/sheet/plank, skin side down and cover with the topping. Place on the barbecue and cook 20 to 25 minutes with the lid down. Fish is cooked with some of the natural fat of the fish has risen to the surface of the filet.

- 1 tbsp capers
- Lemon wedges
- 1 bunch green onions

4. Sauce: In a bowl, combine yogurt with dill and capers. Serve alongside the salmon. Surround the salmon with lemon wedges and grilled green onions.