

Grilled Trout with Lemon Garlic Butter

A delicious and healthy main dish featuring grilled trout fillet seasoned with lemon, garlic, and butter.



Main Dish

15 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 trout fillet
- 1 tablespoon lemon juice
- 2 cloves garlic, minced
- 2 tablespoons butter, melted
- Salt and pepper to taste

Steps

- 1 Preheat grill to medium-high heat.
- 2 Season the trout fillet with salt, pepper, and minced garlic.
- 3 In a small bowl, mix lemon juice and melted butter.
- 4 Brush the lemon garlic butter mixture onto the trout fillet.
- 5 Place the trout fillet on the preheated grill and cook for 4-5 minutes per side, or until the fish flakes easily with a fork.
- 6 Remove from grill and serve hot.