

Herb-Crusted Baked Trout

This Herb-Crusted Baked Trout is a light and flavorful main dish, perfect for a healthy dinner. The combination of fresh herbs and lemon brings out the delicate flavors of the trout, making it a delightful meal for seafood lovers.



Main Dish

20 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 trout fillet (about 6 oz)
- 1 tablespoon olive oil
- 1 teaspoon fresh parsley, chopped
- 1 teaspoon fresh dill, chopped
- 1 teaspoon fresh thyme, chopped
- 1 clove garlic, minced
- Juice of 1/2 lemon
- Salt and pepper to taste
- Lemon wedges for serving

Steps

- 1 Preheat the oven to 400°F (200°C).
- 2 In a small bowl, mix together the olive oil, parsley, dill, thyme, garlic, lemon juice, salt, and pepper to create the herb mixture.
- 3 Place the trout fillet on a baking sheet lined with parchment paper.
- 4 Spread the herb mixture evenly over the trout fillet.
- 5 Bake in the preheated oven for 12-15 minutes, or until the trout flakes easily with a fork.
- 6 Serve with lemon wedges on the side.