

Trout with herbs cooked on the baking tray

For 4 servings

Universal pan

Fish:

50 g fresh rosemary
50 g fresh lemon thyme
50 g fresh tarragon
50 g fresh oregano
5 tbsp olive oil
Chilli salt
1 tbsp lemon pepper
3-4 tbsp mixed peppercorns
4 fresh trout, approx. 300 g each,
oven-ready
1 organic lemon
Sea salt
4 sprigs curly-leaf parsley
1 tsp cocoa powder
30 g butter

Per serving

564 kcal, 5 g carbs, 32 g fat,
63 g protein, 0,4 BU

1. Prepare the herbs, rinse and shake dry. Chop half of the herbs finely and put to one side.

2. Add olive oil to the universal pan to cover the bottom. Sprinkle chilli salt, lemon pepper and mixed pepper over the top. Sprinkle all the herbs evenly on top.

3. Rinse the trout briefly in cold water and pat dry with kitchen towel. Wash the lemon in hot water, dry it off, grate the zest and squeeze the lemon. Drizzle the trout with lemon juice and season with sea salt both inside and out. Place a sprig of parsley inside each trout and add a little lemon zest.

4. Place the trout into the universal pan. Strew the chopped herbs on top, sprinkle with cocoa powder and add knobs of butter. Cook as indicated.

Oven setting:

Universal pan
4D hot air
190 °C
Cooking time: 40-45 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.

Compact oven setting:

Universal pan, level 1
4D hot air
190 °C
Roasting time: 35-40 minutes

Tip:

The lemon zest will give the fish a fresh flavour that isn't sour.