

Farmed Rainbow Trout with Sesame, Garlic and Ginger

Makes 4 servings.

INGREDIENTS:

- 4 (6 ounce) fillets boneless, skinless farmed rainbow trout
- 2 teaspoons soy sauce
- Salt and pepper to taste
- 1 teaspoon brown sugar
- 1 teaspoon sesame oil
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh ginger
- 4 green onions, chopped

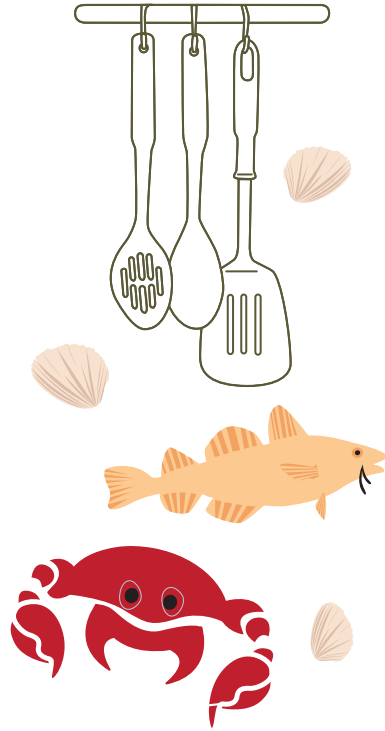
DIRECTIONS:

1. Rub rainbow trout fillets with soy sauce. Season with salt, pepper, and brown sugar; set aside.
2. Heat sesame oil in a large skillet over medium-high heat. Add garlic, ginger, and green onions; cook and stir until golden brown. Add rainbow trout fillets and cook until browned and crispy, about 3 minutes. Flip fillets over and continue cooking until the fish flakes easily with a fork, about 3 minutes more.



SPONSORED BY:

For more family-friendly and ocean-friendly seafood ideas, visit us online at: http://www.sheddaquarium.org/right_bite.html



Farmed Rainbow Trout with Sesame, Garlic and Ginger

Makes 4 servings.

INGREDIENTS:

- 4 (6 ounce) fillets boneless, skinless farmed rainbow trout
- 2 teaspoons soy sauce
- Salt and pepper to taste
- 1 teaspoon brown sugar
- 1 teaspoon sesame oil
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh ginger
- 4 green onions, chopped

DIRECTIONS:

1. Rub rainbow trout fillets with soy sauce. Season with salt, pepper, and brown sugar; set aside.
2. Heat sesame oil in a large skillet over medium-high heat. Add garlic, ginger, and green onions; cook and stir until golden brown. Add rainbow trout fillets and cook until browned and crispy, about 3 minutes. Flip fillets over and continue cooking until the fish flakes easily with a fork, about 3 minutes more.



SPONSORED BY:

For more family-friendly and ocean-friendly seafood ideas, visit us online at: http://www.sheddaquarium.org/right_bite.html

