



PAN ROASTED TROUT & SPRING HERBS

Yield: 2-3 servings



INGREDIENTS

- 2 Finn's Ranch Great Lakes trout fillets
- ¼ all purpose flour
- 1 tablespoons unsalted butter
- 1 tablespoon olive oil
- ½ cup white wine or dry cider
- 1 handful fresh herbs like Smit's parsley, basil and cilantro, roughly chopped
- Salt and pepper, to taste

INSTRUCTIONS

- 01** In a shallow bowl, add the all purpose flour and a pinch of salt and pepper. Season the trout with salt and pepper and dredge in flour, shaking off any excess.
- 02** Preheat a large skillet over medium heat. Add the butter and olive oil until the fat begins to shimmer in the pan.
- 03** Gently add the fish to the pan cook, approximately 5 minutes per side, or until the fish is golden brown.
- 04** Add the wine and reduce, about 2 minutes. Remove the fish from the pan.
- 05** Serve immediately with roughly chopped herbs scattered over the top of the fish.



MARKET SHOPPING LIST



FISH

- Finn's Ranch

HERBS

- Smits Farm