



Orange, Soy and Honey Baked Trout

Serves 4

Ingredients

- 4 British trout fillets
- 1 garlic clove, crushed
- 3cm root ginger, grated (or use ginger puree from a tube)
- 100ml soy sauce
- Juice of 1 orange
- 2 tbsp Honey
- 1 avocado, peeled and sliced
- Sesame seeds (white and black mix are nice)
- Few chives, snipped
- Boiled rice and wilted spinach, to serve

Method

1. Place the trout fillets in a single layer in a dish.
2. In a jug, mix together the crushed garlic, grated ginger, soy sauce, orange juice and honey.
3. Pour over the trout and leave to marinate for 30 minutes.
4. Preheat the oven to 180C Fan.
5. Place the trout fillets on a non-stick baking tray and spoon over some of the marinade.
6. Bake for 10-12 minutes.
7. Serve with the boiled rice and wilted spinach and garnish with avocado, sesame seeds and chives.