

Mediterranean inspirations

trout served with parsley pesto



Quantity: 4



Time of preparation: 50 mins



Fit and healthy

4 headless gutted trout

Put all of the ingredients into a tall container and thoroughly mix.

Then spread it on both sides of the fish and bake on a baking sheet or in the ovenproof dish, for about 20-30 minutes at 180°C.

Pesto:

a large handful of parsley leaves
(about 1 glass)

2 small garlic cloves

Lemon juice from half a lemon

1 spoon of sunflower seeds

70 ml of oil of your choice

Salt, pepper

