## Pine Nut Encrusted Trout

## **Ingredients**

4 each Trout Fillets
Breadcrumbs
1 tbsp butter, softened
1 small bunch parsley, chopped
Zest & juice of 1 lemon
Toasted Pine Nuts, half roughly chopped
1 tbsp olive oil

## **Directions**

Heat grill to high. Lay the fillets on an oiled baking tray. Mix together the bread-crumbs, butter, parsley, lemon zest and juice, and half the pine nuts. Scatter the mixture in a thin layer over the fillets. Drizzle with the oil. Place under the grill for 5 minutes. Sprinkle with remaining pine nuts.

