

Grilled Citrus Trout

Ingredients

4 Trout Fillets	2 tsp olive oil
1 lemon, thinly sliced	2 garlic cloves, finely chopped
1 lime, thinly sliced	1/4 tsp dry mustard
1 small red onion, thinly sliced	1/4 tsp dried rosemary, crumbled
1/4 cup parsley, chopped	1/8 tsp pepper
1/2 cup orange juice	

Directions

In a glass baking dish, place lemon, lime and onion slices. Add the parsley, orange juice, oil, garlic, mustard, rosemary and pepper and stir until well mixed. Add the fish to the dish and turn to cover with marinade. Cover and refrigerate about 1 hour.

Preheat grill. Use aluminum foil to create a foil tray. Spray with cooking spray. Transfer fish to foil. Strain remaining marinade into small saucepan, reserving the lemon, lime and onion slices. Warm marinade over low heat. Grill fish on foil tray for 6-8 minutes, brushing with marinade. Flip fish and top with lemon, lime and onion slices. Grill another 5-8 minutes, while brushing with marinade, or until fish is done.

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