

# FRIED TROUT WITH VEGETABLES

2 Portions | Prep time 30 min

## INGREDIENTS

2 gutted trout  
1 lemon  
2 cloves garlic  
10 mini carrots  
2 pieces mini roman lettuce  
1 shallot  
2 branches of rosemary  
Clarified butter  
Garlic butter  
2 tablespoons olive oil  
1 tablespoon wine vinegar  
2 teaspoons honey  
Coarse sea salt, lemon pepper,  
colorful pepper

## INSTRUCTION

Peel and wash the mini carrots. Place in a pot, pour over with water and add a teaspoon of salt. We cook them from the boiling point of 7 minutes. After boiling, pour in the water and put the carrots in a pan with 1 tablespoon of olive oil. Season carrots in a frying pan with plenty of colorful pepper. We add vinegar and honey. Fry on both sides until browned, about 4 minutes on each side.

## PURCHASE LIST

2 gutted trout  
Lemon  
Garlic  
Shallot  
Mini carrots  
Mini Roman lettuce  
Rosemary

Wash the Roman lettuce and cut it in half, lengthwise. Peel the shallot and cut into small cubes. We put a spoonful of olive oil and shallots in a frying pan. When the shallots have glazed, add a squeezed out garlic tooth. After 30 seconds, we add Roman lettuce. Fry for about two minutes on each side.

Wash and dry the trout with a paper towel. Each trout inside and outside is sprinkled with half lemon juice, sprinkled with sea salt and lemon pepper. Cut one clove of garlic into slices and put the trout inside. Cut the rest of the lemon into slices and put them in the middle. Put a teaspoonful of garlic butter and a sprig of rosemary into each trout.

Fry the trout prepared in this way in a pan with hot clarified butter, 4 minutes on each side.