THE LIGHTER PLATE METHOD

Baked Trout with Almond & Herb Crust

A crunchy nutty crust keeps the trout underneath beautifully moist — no dry fish here.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**15 min**	**25 min**	**2**	**EASY**

Ingredients

- 2 trout fillets
- 40 g flaked almonds (roughly chopped)
- 1 small handful flat-leaf parsley (chopped)
- 1 lemon (zest and juice)
- 1 clove garlic (crushed)
- 1.5 tbsp olive oil
- 200 g green beans

Method

1. Heat the oven to 200°C (fan 180°C). Mix the almonds, parsley, lemon zest, garlic and 1 tbsp of the oil to a coarse paste.
2. Lay the trout skin-side down on a lined baking tray and press the almond mixture over the top of each fillet.
3. Bake for 12–15 minutes, until the crust is golden and the fish flakes easily.
4. Meanwhile, steam the green beans for 4 minutes until just tender, then toss with the remaining oil and a squeeze of lemon.
5. Serve the trout with the green beans alongside.

Tips & swaps

- Salmon works just as well as trout here if that's easier to find.
- Toast the almonds briefly in a dry pan first for extra crunch and flavour.

Storage & reheating

Best eaten fresh; the crust softens on reheating.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
340	**30g**	**8g**	**21g**	**4g**

Estimated values, for guidance only. Contains: Fish, Tree nuts (almonds).