

# Pan-Fried Trout with Herbed Rice

4 SERVINGS 30 MINUTES



## INGREDIENTS

3 cups Vegetable Broth, Low Sodium  
1 1/2 cups Basmati Rice (uncooked)  
1/4 cup Butter (divided)  
1/2 cup Parsley (chopped)  
1/2 cup Fresh Dill (chopped)  
Sea Salt & Black Pepper (to taste)  
4 Rainbow Trout Fillet (patted dry)  
2 tbsps All Purpose Gluten-Free Flour

## DIRECTIONS

- 01 Add the broth and rice to a pot and bring to a boil. Lower the heat and simmer for 15 minutes. Remove from heat and stir in half the butter, parsley, dill, salt and pepper. Cover and let rest for 10 minutes.
- 02 Season the trout with salt and pepper, then coat in the flour, shaking off any excess.
- 03 Melt the remaining butter in a skillet over medium-high heat. Cook the trout for three to five minutes, flipping halfway, or until browned and cooked through.
- 04 Divide the herbed rice and trout onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals one trout fillet and just over a cup of herbed rice.

### TROUT FILLETS

One fillet is equal to approximately 159 grams or 5.6 ounces in size.

### DAIRY-FREE

Use vegan butter, olive oil, or coconut oil instead.

### MORE FLAVOR

Add cilantro and saffron to the rice.

### ADDITIONAL TOPPINGS

Add lemon juice and fresh herbs.