

Pecan Crusted Trout with Lemon Thyme Glaze

4 SERVINGS 30 MINUTES

INGREDIENTS

10 Rainbow Trout Fillet
1 tsp Garlic Powder
2 ozs Thyme Sprigs
1/4 cup Raw Honey
2 tbsps Yellow Mustard
1/2 tsp Ground Allspice
1 tbsp Avocado Oil
3 tbsps Brown Sugar
1 tsp Paprika
1 1/2 tsps Sea Salt
1 tsp Cumin
1 cup Pecans
2/3 cup Bread Crumbs
1/3 cup Butter
1/2 cup Vegetable Broth
1 Lemon

DIRECTIONS

- 01 Clean and fillet Trout, dry with paper towel
- 02 Crush pecans
- 03 Combine bread crumbs, crushed pecans, brown sugar, garlic powder, allspice, salt, cumin, thyme sprigs and 4 tbsp melted butter- mix well.
- 04 Spread bread crumb mix on fish
- 05 Bake fish for 20 minutes at 400 degrees
- 06 While fish is baking, in sauce combine honey, vegetable broth, mustard, thyme stems, lemon peel, lemon juice- thicken
- 07 Remove fish from oven, serve lemon glaze on top of fish and serve. I typically serve with mixed greens and Raspberry Vinaigrette