Hemp Seed Crusted Trout

2 SERVINGS 20 MINUTES



INGREDIENTS

1/4 cup Hemp Seeds
2 tsps Italian Seasoning
1 tsp Nutritional Yeast
1/4 tsp Sea Salt
2 Rainbow Trout Fillet
2 tbsps Dijon Mustard
1/2 Lemon (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	321	Sodium	512mg
Fat	15g	Potassium	1017mg
Carbs	3g	Vitamin A	102IU
Fiber	1g	Vitamin C	9mg
Sugar	1g	Calcium	122mg
Protein	39g	Iron	3mg
Cholesterol	94mg		

DIRECTIONS

01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.

02 In a small mixing bowl combine the hemp seeds, Italian seasoning, nutritional yeast and salt.

03 Place the trout fillets on the prepared baking sheet and pat dry with a paper towel. Smear the Dijon mustard evenly on to the top of the fillets.

04 Spoon the hemp seed mixture on top of the mustard coating and press down with the back of the spoon to ensure the hemp seeds stick to the fish. Bake for about 9 minutes or until fish is cooked through and flakey.

05 Serve with fresh lemon wedges and season with additional salt if needed. Enjoy!

NOTES

TROUT FILLETS

One trout fillet is equal to 5.6 ounces or 160 grams.

LIKES IT CRISPY

Turn the oven to broil for the last one to two minutes of cooking for an extra crispy coating.

NO RAINBOW TROUT

Use salmon instead.

LEFTOVERS

Store in the fridge up to two days.

SERVE IT WITH

A side of quinoa, rice or steamed vegetables.

SUSAN GLEATON HTTPS://SUSANGLEATONRD.COM/