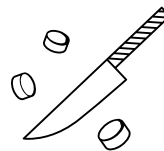


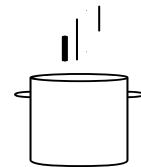


Roasted Oriental Trout

Trout is a great source of omega 3 essential fats, vital for brain growth, development and function and can help maintain a healthy heart, immune system and great skin. Combining the rich agave nectar with soy sauce and spices creates a wonderful tangy oriental marinade. This is such a delicious marinade you'll want to use it again and again. Try marinating a whole salmon for a special dinner or buffet. Alternatively use it to make crispy chicken wings and drumsticks – a great party option for kids or tea time treat.



120



23



6

Ingredients

2 large whole trout, cleaned and scaled, about 450g each

Marinade

110ml (4fl oz) tamari (wheat free soy sauce)

110ml (4fl oz) rice wine vinegar

4 garlic cloves, crushed

3 spring onions chopped finely

3cm piece of fresh root ginger, grated

4 tbsp Groovy Food Rich and Dark Agave Nectar

2 star anise

Fresh coriander leaves to garnish

Directions

1. Clean the trout under cold running water. Make several diagonal slashes on either side of the fish then place in a large dish. Make up the marinade by mixing all the ingredients together. Coat the trout with the marinade. Cover and chill for 2 hours.
2. Place the 2 trout each on a large piece of foil (large enough to enclose the fish) and spoon over some of the marinade. Loosely cover the fish with the foil to make a parcel. Allow space in the parcel for air to circulate around the fish. Place on a baking tray and cook in a preheated oven at 200°C, gas mark 6 for 20 minutes or until the trout is cooked through.
3. Open the foil parcel and grill for 2-3 minutes to crisp up the skin. Any remaining marinade you can place in a small pan and simmer until syrupy. Strain through a sieve and use to drizzle over the cooked trout.
4. Garnish with lime wedges and chopped fresh

Lime wedges to accompany

Banana leaves for presentation (optional)

coriander and serve on banana leaves. Delicious served hot or cold.