Tried and Tested: Trout with Tomato Salsa

Trout is a great source of omega-3 fats and protein. It is easy to prepare and when paired with this tomato salsa makes a refreshing summer meal.

Recipe tested by: Antonia Harvey, PDt and Florence Blackett* (adapted from [Foodland Ontario](#))

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Recipe makes: 4 servings

Ingredients:

2 tomatoes, diced

1 cup of diced cucumber

¼ cup fresh basil, chopped

2 teaspoons fresh lime juice

1 clove garlic, minced

500 g fresh trout fillet(s)

2 teaspoons canola oil

Salt and pepper to taste

Instructions:

1. Put the tomatoes, cucumber, basil, lime juice, and garlic in a large bowl. Gently stir to combine. Cover and refrigerate the salsa.

2. The trout can be cooked on the stove top (see step 2a) or in the oven (see step 2b).

   a. To cook the trout on the stove top, heat the canola oil in a large frying pan over medium high heat. When the oil is hot, place the trout fillet(s) skin-side down in the pan. Cook the fillet(s) for about 3 minutes, then carefully flip with a spatula. Cook for another

3 minutes or until the trout reaches an internal temperature of 158°F (70°C). Season with salt and pepper to taste.

b. To cook the trout in the oven, preheat the oven to 400°F (205°C) and line a baking tray with parchment paper or aluminum foil. Brush both sides of the trout fillet(s) with canola oil and place on the prepared baking tray. Season the trout with salt and pepper to taste. Bake for 12 to 14 minutes or until the trout reaches an internal temperature of 158°F (70°C).

3. Serve the trout with the tomato salsa on top. Pair with your favourite grain or starch (e.g. potatoes, rice) to make a complete meal.