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## Panko Crusted Rainbow Trout with Caper-Dijon Aioli

Serves 2

### Ingredients

1.5 lb rainbow trout fillets

1/2 cup panko breadcrumbs

2 Tbsp. lemon zest

2 Tbsp. finely chopped parsley

2 tsp. butter, melted

salt and pepper to taste

### Caper-Dijon Aioli

1/4 cup light mayonnaise

1 tsp. capers, drained and chopped

1 tsp chopped parsley

1 tsp lemon zest

1 tsp grainy Dijon mustard

salt and pepper to taste

### Directions:

For the trout:

Preheat the oven to 400 degrees F.

Check the fish for any small bones and remove using fish tweezers or your fingers. Place onto a parchment lined baking sheet, skin side down.

In a small bowl combine the breadcrumbs, zest, parsley and butter. Season with salt and pepper and stir until combined.

Press the breadcrumb mixture onto the flesh of the fish. Bake in the oven until the fish is cooked through and the crust is brown and crisp, about 10-12 minutes.

For the aioli:

Combine all the ingredients in a small bowl and stir to combine. Serve with the trout