GLOBAL · DINNER · LUNCH

# Almond-Crusted Trout with Garlic Lemon Butter

15 min · Serves 2 · 475 kcal a serve · Video 4:19 · Helen Rennie

Pescatarian · Gluten-free ingredients

Trout in a crunchy almond crust with a little garlic butter: about 32 g protein and under 4 g net carbs a serve, and rich in omega-3, vitamin B12, vitamin D and vitamin E.

**Diet notes:** Keto (3.7 g net carbs a serve).

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## Ingredients 10 · SERVES 2

- [ ] 60 g sliced **almonds**
- [ ] 2 **trout fillets**, skin on, about 113 g each
- [ ] **salt** to taste
- [ ] **black pepper**
- [ ] 1 **egg**, beaten, for coating (not all of it is used)
- [ ] 1 tbsp **oil** for high heat (grapeseed, safflower or canola)
- [ ] 1 tbsp **butter**, melted
- [ ] 1 **garlic** clove, finely grated
- [ ] **lemon or lime juice**, a squirt (about 2 tsp)
- [ ] 2 tsp minced **fresh chives** (or tarragon, dill, parsley or coriander)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Contains:** Fish, Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Put the almonds in a zip-lock bag and crush them with a rolling pin to the size of rolled oats, then tip into a shallow dish. 0:21
2. Season the trout on both sides with salt and pepper. Dip each fillet in the beaten egg, then press it into the almonds on both sides. 0:45
3. Heat the oil in a skillet over medium-high heat. Lay in the fish skin side down and cook about 2 minutes until the almonds are golden, then flip and cook about 2 minutes more. 1:26
4. Stir the garlic and lemon juice into the melted butter with a pinch of salt. 2:56
5. Plate the trout, drizzle with the garlic lemon butter, scatter with herbs and serve straight away. 3:23

> **Tip** She serves it with mashed potatoes; for keto, use cauliflower mash or greens. Thin fillets work best; skin-on Arctic char is a good swap. If the fish is over 1 cm thick, finish on low heat until it flakes.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 2 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **475 kcal** | **32 g** | **7.6 g** | **3.9 g** | **36 g** | **460 mg** |
| 1,990 kJ | 64% of a day | 3.7 g net · 1.6 g sugars | 14% of a day | 7.7 g saturated | 20% of a day |
| | | 3% of a day | | 46% of a day | |

**Energy from** net carbs 3% · protein 27% · fat 70% — fits keto: 3.7 g net carbs, 70% of the energy from fat

**High in** (20%+ of a day) Vitamin B12 175% · Omega-3 102% · Vitamin E 78% · Vitamin D 74% · Selenium 30% · Magnesium 27% · Vitamin B6 26%

**Source of** (10–19%) Potassium 14% · Zinc 14% · Calcium 13%

**Recipe and video:** Helen Rennie (@helenrennie) on YouTube — youtube.com/watch?v=vQrywWGhF3g, published 2 September 2015. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/almond-crusted-trout-garlic-lemon-butter