GERMAN · LUNCH · DINNER

Forelle Müllerin (Pan-Fried Trout with Parsley Butter)

Forelle Müllerin

20 min | Serves 2 | 566 kcal a serve | Video 7:02 in German · CALLEkocht - Omas Rezepte

Pescatarian | Nut-free

A whole trout each gives about 40 g of protein and more than a day's omega-3 and vitamin D; with only a light dusting of flour it has about 6 g net carbs a serve.

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Ingredients 8 · SERVES 2

- [ ] 2 whole **trout**, cleaned and ready to cook (about 300 g each)
- [ ] **salt**
- [ ] **black pepper**
- [ ] 1 **lemon**, juiced (for the fish and the butter)
- [ ] **plain flour**, for dusting (about 1 tbsp clings to the fish)
- [ ] **frying oil**, about 4 tbsp (poured off before the butter goes in)
- [ ] 60 g **butter**
- [ ] 1 small bunch **curly parsley**, finely chopped

Contains: Gluten, Fish, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Season the cleaned trout well inside and out with salt and pepper, then sprinkle with a little lemon juice. 1:04
2. At the very last moment, dip the fish briefly in flour (just a light coat) and lay it in a pan of hot oil. Fry until golden underneath, moving the pan now and then so nothing sticks. 1:59
3. Turn the trout and brown the second side the same way. Meanwhile chop the parsley very finely. 3:07
4. Keep spooning the hot fat over the fish so it cooks evenly from the top too. It is done when the dorsal fin pulls out easily. 3:31
5. Holding the fish in place, pour off the oil. Add the butter to the pan, let it melt and baste the trout with it, then lift the fish onto plates. 4:20
6. Add a good squeeze of lemon juice to the hot butter, let it sizzle, stir in the parsley and spoon some over the trout. Serve the rest of the parsley butter on the side. 5:14

> **Tip** Serves 2. Ask for portion-size trout (about 300 g each). Boiled parsley potatoes are the classic side; a cucumber or green salad keeps it lighter.

The method is a summary in our words, in English — the video (in German) shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
566 kcal	**40 g**	**7.1 g**	**0.7 g**	**42 g**	**490 mg**
2,370 kJ	80% of a day	6.4 g net · 0.7 g sugars 3% of a day	2% of a day	19 g saturated 54% of a day	21% of a day

Energy from net carbs 5% · protein 28% · fat 67% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 274% · Vitamin K 142% · Omega-3 134% · Vitamin D 118% · Selenium 40% · Vitamin E 38% · Vitamin B6 36% · Vitamin A 30% · Vitamin C 30%

Source of (10–19%) Potassium 16% · Magnesium 13% · Calcium 12% · Folate 10%

Recipe and video: CALLEkocht - Omas Rezepte (@CALLEkocht) on YouTube — youtube.com/watch?v=JbOqIBGLXjw, published 16 July 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/forelle-muellerin-trout-parsley-butter