

What Do You Need To Cook Trout

- **Rainbow trout fillet** — try to find a high-quality trout. If buying fresh, check for shiny scales and firm flesh. For frozen fillets, check to make sure that there aren't any dried-out edges.
- **Salt and fresh ground black pepper** — to taste
- **Butter** — you can use ghee or olive oil if you are paleo or doing whole30. Be sure to use unsalted butter.
- **Garlic** — freshly minced. If you don't have fresh garlic you can use garlic powder, though fresh is better.
- **Dill** — I like to use fresh dill. Swap for a different herb if you're not a fan of dill.
- **Lemon slices** – when your fish is done, top with some lemon slices before serving. Or you can also fresh lemon juice on the top of it.

Should I Remove The Skin From The Rainbow Trout Before Cooking?

There's no need to remove the skin before you cook it! The skin gets so crispy and is so tasty! Just be sure to remove all the fish scales before cooking if you're cooking fresh trout.

How Do You Cook Rainbow Trout In The Oven?

It's very simple, and here are the few steps to cook trout in the oven:

- First, preheat the oven to 375°F.
- Second, cut a sheet of foil that is large enough to wrap the trout fillet very well.
- Then, cover the baking sheet with the aluminum foil, and place the trout fillet in the center. Fold up all 4 sides of the foil and making sure to not cover the fillet entirely at the moment.
- Now, place trout on prepared baking sheet and use paper towels to pat the fish dry. season the trout with any herbs you have on hand, such as parsley, dill, or oregano. And of course, let's not forget salt, black pepper, some garlic, and red crushed pepper.
- For more flavor and to avoid the fish from becoming dry, melt some butter in the microwave or on the stove and drizzle it over the trout until evenly coated.
- Fold the sides of the foil over the trout and cover the trout completely. And then, bake for about 13 minutes. The cooking time will depend on the size of the trout fillet. Now, open the foil, and broil for 3 minutes. Done!

This dish is one of my favorites because it's the easiest fish foil recipe you can make! And even though it requires only 4 ingredients, this rainbow trout Recipe is very flavorful.

On top of that, this recipe will be ready from start to finish in less than 30 mins. This is the best meal when life is extremely busy. Enjoy!

How To Meal Prep Trout

- **Storage** – Transfer leftover trout to an airtight glass container and keep in the refrigerator for 3-4 days. Or, portion them out into meal prep containers to have for lunches throughout the week.
- **Reheating** – For best results, heat in a pan on the stove so the trout stays crispy or broil it for 1-2 minutes in the oven. You can also heat in the microwave along with some sides for a full meal at once.