

Thai Steamed Trout



Ingredients

250 gms trout, gutted and washed
1 tbsp cilantro, finely chopped
3 garlic cloves, crushed
1 juice from lime
1 bird chili, finely chopped
1.5 Tbsp of fish sauce
3/4 tsp sugar
1 tbsp water
Steamed rice
Chinese broccoli



Preparation method:

1. Turn the oven grill on.
2. Wash the trout and pat it dry with a paper towel.
3. In a small bowl mix together the crushed garlic, lime juice, cilantro, chili and sugar. Stir well. Add 1 Tbsp of water and stir again.
4. Place the trout in a large piece of foil. Crimp the foil into the shape of a boat and twist the ends closed.
5. Pour the sauce over the fish and a little inside it.
6. Crimp the foil tightly so that no steam or liquid can escape.
7. Place the fish in a large baking dish and then bake for 20-25 minutes.
8. Remove fish from the oven and carefully open the foil.
9. Serve fish in foil or filet it and serve it with the sauce poured on top with steamed rice and Chinese broccoli.