



Rainbow Trout with Quinoa & Rapini

2 servings

20 minutes

Ingredients

- 85 grams Quinoa (dry)
- 2 Rainbow Trout Fillet
- 1 gram Fresh Dill (chopped)
- 2 grams Sea Salt (divided, to taste)
- 14 grams Butter
- 1 bunch Rapini (chopped)

Directions

- 1 Cook the quinoa according to package directions. Once cooked, fluff with a fork and let it cool.
- 2 Meanwhile, coat the trout fillets in the dill and half the salt.
- 3 Heat the butter in a non-stick pan over medium heat. Place the trout flesh side down and cook for three minutes, then flip and cook for three to four minutes until cooked through. Remove and set aside.
- 4 In the same pan, add the rapini and cook until just wilted. Serve alongside the trout and quinoa, and season with the remaining salt. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Fillet Size: One fillet is equal to 159 grams or 5.6 ounces.

Dairy-Free: Use vegan butter or your cooking oil of choice.

Additional Toppings: Add lemon juice, fresh herbs, salad greens, olives, capers, sliced red onions, or crumbled feta cheese.

No Rainbow Trout: Use salmon instead.