

Baked Lemon Pepper Rainbow Trout with Asparagus



Instructions:

- Preheat your oven to 400°F (200°C).
- Rub the whole trout inside and out with Lemon Pepper Oliverde Oil.
- Stuff the cavity of the trout with minced garlic and fresh thyme or rosemary (optional).
- Season the fish with salt and pepper.
- Arrange the trout on a baking sheet lined with parchment paper.
- Place the trimmed asparagus on the same baking sheet, drizzling with a little Lemon Pepper Oliverde Oil, and season with salt and pepper.
- Bake for 20-25 minutes, or until the trout is fully cooked and the flesh flakes easily with a fork. The asparagus should be tender but still slightly crisp.
- Serve the baked trout with the roasted asparagus and garnish with lemon wedges for an added burst of citrus.

Ingredients:

- **1 whole rainbow trout (gutted and scaled)**
- **2 tbsp Lemon Pepper Oliverde Oil**
- **2 cloves garlic, minced**
- **Fresh thyme or rosemary (optional)**
- **Salt and pepper to taste**
- **1 bunch asparagus (trimmed)**
- **Lemon wedges (for garnish)**