

DISH		Oriental baked Trout	
Ingredients serves 2		Method	
<p>1 whole trout 10-12 oz 1inch (2.5cm/0 piece of fresh root ginger, peeled and cut into thin strips Chopped Chilli optional 2 Spring onions cut in 2 inch bits 1 glove of garlic sea salt 2 teaspoon Soya sauce 2 tablespoon Fresh coriander large piece foil 1 teaspoon sesame oil or olive oil</p>		<p>1. Trim the trout and rinse in cold running water.</p> <p>2. lay the foil out flat and sprinkle with oil take the whole trout and slash the skin 3 or 4 times on both sides. Now stuff the trout with the ginger, spring onions, garlic, chillies and fresh coriander. Sprinkle sea salt and a splash of Soya sauce over the trout and seal the foil.</p> <p>3. Bake in a hot oven for 10-12 minutes or until the trout flakes from the bone easily.</p> <p>4. Serve with steamed rice and stir fried vegetable.</p>	