AMERICAN · DINNER

Baked Steelhead Trout with Shallots, Garlic and Lemon

30 min | Serves 6 | 303 kcal a serve | Video 6:47 · OlgasFlavorFactory

Pescatarian | Gluten-free ingredients | No nuts listed

About 33 g of protein and 1.4 g of omega-3 for around 300 kcal a serve, and rich in vitamin D and B12. Just butter, shallot, garlic, lemon and herbs, with no flour or sugar.

Diet notes: Low carb (1.3 g net carbs) but not keto: 53% of the energy is from fat, and keto meals get about 60% or more; Paleo with a swap: ghee instead of the butter.

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Ingredients 9 · SERVES 6

- [ ] 1 whole **steelhead trout fillet**, skin on, about 910 g (900 g; 0.7–1.1 kg works)
- [ ] 4 tbsp **butter**
- [ ] 1 **shallot**, finely minced
- [ ] 2 **garlic** cloves, minced
- [ ] 1 tsp **lemon zest**
- [ ] **Lemon juice**: juice of 1 lemon
- [ ] **Dill**: 1–2 tbsp fresh dill and/or parsley, minced
- [ ] **salt**, to taste (about 1 tsp)
- [ ] **ground black pepper**, to taste (about ½ tsp)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 230°C and line a rimmed tray with foil or baking paper. Feel the fillet for pin bones and pull out any you find, then lay it skin side down on the tray. 0:42
2. Melt the butter in a small pan and cook the shallot over medium heat about 3 minutes, until soft and just golden at the edges. Add the garlic for the last minute, then take off the heat. 2:20
3. Season the fish with salt and pepper and scatter over the lemon zest. Stir the lemon juice into the warm butter (or keep half to squeeze over at the end) and spoon the mixture over the fish. 3:13
4. Sprinkle with half the herbs and roast for about 15 minutes (12–17 depending on thickness), until the fish flakes easily. 4:05
5. Lift onto a platter or cut into portions, and finish with the remaining herbs and any lemon juice you kept back. 5:45

> **Tip** Salmon or cod fillets work the same way (add a few minutes for a thick salmon fillet). You can prepare it up to the oven stage hours ahead. On the grill, cook it on heavy foil for 10–15 minutes.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
303 kcal	32 g	1.5 g	0.2 g	18 g	460 mg
1,270 kJ	65% of a day	1.3 g net · 0.4 g sugars	1% of a day	7.7 g saturated	20% of a day
		1% of a day		23% of a day	

Energy from net carbs 2% · protein 43% · fat 55% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 228% · Vitamin D 98% · Omega-3 85% · Vitamin B6 30% · Selenium 30% · Vitamin E 24%

Source of (10–19%) Potassium 12% · Magnesium 10% · Vitamin A 10% · Vitamin C 10%

Recipe and video: OlgasFlavorFactory (@OlgasFlavorFactory) on YouTube — youtube.com/watch?v=UvX3rdsWXIU, published 29 October 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/baked-steelhead-trout-shallots-lemon