



TROUT WITH LIME, GINGER AND PARSLEY

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 10 mins

Serves: 2

INGREDIENTS

Fish

- 2 pieces ocean trout, skin on
- 2 tbsp coconut oil

Sauce

- Juice ½ lime
- 1 tsp grated ginger
- ¼ cup fresh parsley, chopped
- 1 tbsp coconut oil
- ½ tsp pink rock salt

METHOD

- Combine sauce ingredients into small microwave safe bowl and heat to melt.
- Heat frying pan to medium high and add 2 tbsp coconut oil.
- Add fish with skin down and cook 3-5 minutes.
- Turn fish and cook for another 3-5 minutes, depending on thickness of fish.
- When almost cooked add sauce over fish and stir gently in pan.
- Heat for 1-2 minutes until boiling.
- Serve hot with salad or vegetables of your choice.

