

Sundried Tomato and Rocket Baked Trout or Salmon

Ingredients

Whole cleaned trout
Sundried tomatoes
Rocket leaves
Lemon juice
Crushed Garlic
Butter

Method

Fill the cavity of the fish with combined stuffing ingredients, secure opening and wrap fish in a large square of buttered tin foil. Bake at 180 degrees celcius for approximately 20 minutes or until cooked.

