

# Barbecued Trout

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**Preparation Time:**

15 minutes

**Cooking Time:**

10 minutes

**Serves:**

4

**Warm Lentil Salad**

- 4 rainbow trout about 200g (6 ½ oz) each
- 4 sprigs of fresh lemon dill
- 4 sprigs of fresh lemon thyme
- 2 limes, thinly sliced
- 2 cloves of garlic, thinly sliced
- 2 tablespoons of olive oil
- 100g (3 ¼ oz) of butter, softened
- 1 teaspoon of grated lime rind
- 1 tablespoon of lime juice
- 1 tablespoon of chopped fresh dill

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**Steps**

- Wash the trout under cold water and pat dry with paper towels.
- Place a sprig of each herb into the cavities of the fish along with the lime slices and garlic.
- Lightly brush the outside of each fish with the olive oil. Cook on the preheated plate (griddle) or grill for 5 minutes each side, or until the fish flakes when tested.
- Place the butter, lime rind and juice and chopped dill into a bowl and mix together. Top each fish with a spoonful of the butter before serving.

**Serving Suggestion:** Sauteed potatoes and green beans.

**Serve with:** Chardonnay.

