

# Trout Amandine

The almond and bread-crusted tradition *without* gluten OR nuts!

**2 trout filets, deboned**  
**2 tbs. rice flour**  
**3/4 tsp. sea salt, divided**  
**pepper to taste**  
**2 tbs. avocado oil\***  
**6 tbs. high-quality, unsalted butter\*\***  
**2 tbs. ground flax seed**  
**2 tbs. fresh-squeezed juice of lemon**  
**4 tbs. finely chopped fresh parsley**

**Preparation time: 5 minutes**

**Cook time: 10 minutes**

**Serves two.**

1. Wash and dry the trout thoroughly. Make sure the fish is very dry, and salt with 1/2 tsp. sea salt and pepper to taste. Dry again.
2. Distribute flour into a wide, shallow bowl. Coat each side of each trout fillet with the flour thoroughly, shaking off the excess.
3. Heat a skillet with room to have both pieces flat over high heat. It should be really hot. Add avocado oil, and heat until steamy.
4. Be careful of oil (aka wear an apron, and you may want to step back from the pan), and carefully place the fish fillets flesh-side-down on the pan. Cook until browned, about 2-3 minutes. Gently flip over, and cook the skin side for another 2-3 minutes, or until browned.
5. Remove from heat, set fish on a plate, and cover with foil to keep warm. Meanwhile, empty extra grease from the pan, wipe it down with a paper towel, and let it cool for a few minutes so you don't burn your butter in the upcoming steps.
6. Place the pan back on medium heat, and melt butter. Once butter is melted and a bit bubbly, add in flax seeds. Stir over medium heat, until the butter starts to brown. (*Please note to act quickly here, as it is a fine line between brown and burnt, and you will have to re-do the sauce if the butter burns.*) It will start to "pop" a little, which is when you add the parsley. Stir for a few more seconds, remove from heat, and immediately add the lemon and remaining 1/4 tsp. sea salt. Combine all ingredients in the sauce completely.
7. Uncover the fish, place on serving plates, and top with the amazing nutty sauce you just created. Serve immediately, and be thankful you played with oil.

*\*For avocado allergies, use grapeseed oil.*

*\*\*For Dairy Bubble, use coconut oil, Earth Balance buttery stick or soy-free buttery spread.*