



Trout BBQ sizzle

A little lemon juice
A dash of soy sauce
A drizzle of sweet chilli sauce
1/2 clove of Garlic
A generous splash of olive oil.
Method:

As you wrap your 400g cleaned whole Rainbow Trout whole cleaned trout in aluminium foil, pour BBQ SIZZLE over the fish and then place on a hot barbecue. Cook for 10 minutes each side and open foil to check if flesh is flaky and moist. Ideal on a hot summer's day with fresh salad and your favourite wine.