

Trout in paper parcels with melting tomatoes

55–65 Min

Ingredients 4 Portions

= Kotányi Produkte

4 pcs.	Trout fillets, 120 g (4.23 oz)
2 tbsp.	Dried tomatoes, finely chopped
2 tbsp.	Peanuts, chopped
1 tbsp.	Scallions, finely chopped
4 tbsp.	Olive oil
4 tsp.	Butter
2 tbsp.	Grill Fish Seasoning Mix
0.5 tsp.	Lemon Peel, Chopped

For the melting tomatoes

500 g	Cherry tomatoes
200 ml	Tomato sauce
2 tsp.	Italian Herbs
1 tsp.	Garlic Granules
1 tsp.	Basil, Crushed
1 pinch	Sea Salt, Coarse
	Olive oil

Preparation

1. Combine the Kotányi Grilled Fish Seasoning Mix, tomatoes, peanuts, lemon peel, scallion and olive oil.
2. Brush the baking paper with a little oil and lay the fish on top with the skin on the bottom.
3. Season the fillet with Kotányi Grilled Fish, add salt as desired and top with the tomato and peanut mixture. Then add a knob of butter to each one.
4. Fold the baking paper into a parcel and seal it with a clothespin.
5. To make the melting tomatoes, in a bowl, season the tomato sauce with Kotányi Italian Herbs, basil, garlic and sea salt.
6. Next, pour a generous amount of olive oil into an ovenproof dish. Add the cherry tomatoes and brown them over direct heat for several minutes. Then pour in the tomato sauce and toss the tomatoes in the sauce.
7. Place the fish parcels on a small baking sheet and grill them over indirect heat in a closed grill at 200°C (392°F) for 15 minutes.
8. Serve the melting tomatoes in small dishes and place them on the plates with the trout parcels. The fillets should be eaten directly out of the paper parcels.

HINT: The trout can be replaced with peeled shrimp or other seafood.