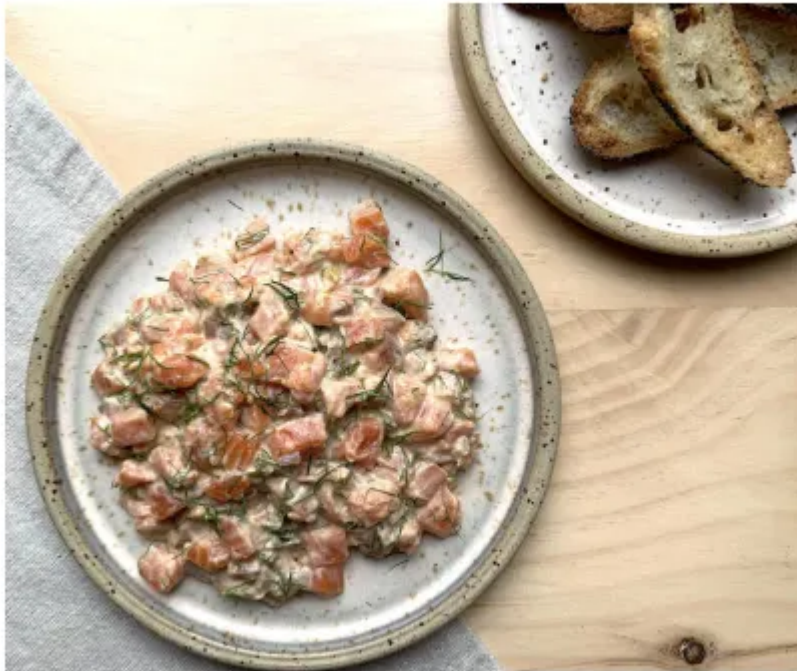


Spicy Trout and Dill Tartar



Enjoy the perfect balance of fresh trout, zesty spices, and fragrant dill in this refreshing and flavorful dish. A must-try for seafood lovers!

Preparation 20 min

Cooking 0 min

Servings 2

Nutrition Facts (per serving)

Calories 380

Fat 17

Carbohydrates 5

Fibre 1

Protein 50

Sodium 330

Ingredients

- 450 g (1 lb) fresh rainbow trout, skinless, in small cubes
- 30 ml (2 tbsp) plain Greek yogurt
- 15 ml (1 tbsp) mayonnaise
- 15 ml (1 tbsp) hot sauce (Sriracha type)
- 15 ml (1 tbsp) French shallot, finely chopped
- 15 ml (1 tbsp) capers, drained and chopped

- Zest and juice of ½ lemon (approx. 30 ml / 2 tbsp)

Preparation

1. Place ingredients in a large bowl and mix.
2. Serve immediately with toasted baguette slices and a salad.

Notes

From purchase to serving, make sure the trout remains at a temperature between 0°C and 4°C. To keep the fish cold while preparing the tartar, place the preparation bowl in the freezer 15 minutes before starting the recipe. Can be kept for 24 hours in the refrigerator and does not freeze.



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