

# lemon-herb rainbow trout green rice bowl

**Makes 2 servings**

**PREP TIME:** 10 minutes

**COOK TIME:** 20 minutes

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## FOR THE TROUT

2 rainbow trout fillets (~4oz each)

1-2 tsp olive oil

1 lemon (zest + juice, divided)

1 clove garlic, minced

1 Tbsp chopped fresh parsley

salt and pepper, to taste

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## FOR THE GREEN RICE

1 cup cooked brown rice

1 cup finely chopped spinach or Swiss chard

¼ cup chopped parsley

2 tsp olive oil

1 Tbsp pumpkin seeds

1 cup diced steamed broccoli

1-2 Tbsp fresh lemon juice

salt and pepper, to taste

## BAKE TROUT

PREHEAT oven to 400°F and line a baking sheet with parchment paper.

PLACE trout on baking sheet and drizzle with olive oil, garlic, zest of 1 lemon, garlic, parsley, salt and pepper.

FINISH with a squeeze of fresh lemon juice.

BAKE 10-12 minutes or until the fish flakes easily.

## MAKE GREEN RICE

WHILE the trout is baking, warm olive oil in a skillet over medium heat.

ADD spinach or Swiss chard and cook 1-2 minutes until wilted.

STIR in cooked rice, parsley, steamed broccoli and pumpkin seeds.

ADD lemon juice, salt and pepper.

WARM through and taste, adjusting seasonings if needed.

## ASSEMBLE THE BOWL

SPOON green rice into bowls.

TOP with baked trout.

FINISH with a squeeze of lemon.

