

## Roast Steelhead Trout with Sautéed Apple, Artichokes and Basil

**By: Chef Steve Watson**

### **Ingredients:**

2 Steelhead trout fillets  
2 sm. Apples  
2 cans Whole artichokes  
¼ cup Olive oil  
2 lb. Green and wax beans  
½ cups Toasted sliced almonds  
3 tbsp. cup Balsamic vinegar  
1 tbsp. Butter  
Salt and pepper  
1 sm. handful Basil



### **Directions:**

Heat a medium sized frying pan to medium heat. Chop the apple into thin slices. Melt the butter in the skillet and add the apple, along with a few grinds of fresh pepper. Fry on both sides until softened.

Remove the skin from the steelhead trout and pat dry with a paper towel. Sprinkle both sides with salt and pepper. Push the apples to the side of the pan and add the trout. Jiggle the trout in the pan to stop it from sticking. Add whole artichokes with juice, olive oil and balsamic vinegar, arrange the apples around it and cover. Cooking time will really vary depending on thickness, so check it often. A good rule of thumb is that a 1" fillet will take slightly less than ten minutes on average. Once the trout is almost cooked, cut the basil into thin strands and toss with the apples and artichokes then toss over the trout. Cover for one minute or until fully cooked. Serve hot over green and wax beans and almonds.