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Steelhead Trout with Lemon-Pecan Buttered Breadcrumbs

Serves 2

Items You Will Need:

- **2 Fillets** 5 ounce Steelhead Trout
- **2 TBSP** Butter
- **1 tsp** finely chopped lemon zest
- **¼ Cup** Chopped Pecans
- **½ Cup** Fresh breadcrumbs
- **½ tsp** Dijon mustard
- Salt and Freshly ground Black Pepper



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Directions:

1. Pre-heat the oven to 400°F.
2. While the oven pre-heats, heat a skillet over low to medium-low heat. Add butter and let it melt. Once melted, add the lemon zest, pecans and breadcrumbs and season with salt and pepper. Cook, stirring or shaking the skillet often, for about 6 minutes or until the breadcrumbs just start to toast a little. Remove the crumbs from the heat and let them cool slightly.
3. Place the fish fillets on a non-stick baking sheet and season them with salt and pepper. Brush the fish lightly with the Dijon mustard and then press the breadcrumb mixture onto the fillets.
4. Transfer the fish to the oven and bake for 6 to 8 minutes or until the fish is firm to the touch and the breadcrumbs are lightly browned.