

Air Fried (Or Baked) Whole Rainbow Trout

Cooking | Healthy Lifestyle

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WHAT MAKES IT MEANINGFUL

We all know that we need to eat healthy and live a healthy lifestyle in order to live a long and happy and healthy life, but we usually think its at the cost of eating delicious food. Healthy Cooking doesn't have to be bland or tasteless. On the contrary! It can be super delicious, super nutritious and super satisfying! Don't believe the hype? Try this recipe and be the judge for yourself! I dare you! I double-dog dare you! With these recipes you will see that it fits most people's diets including those who need to follow the DASH (Dietary Approaches to Stop Hypertension) diet. Usually reserved for people who are living with diabetes, stroke, hypertension, or for those who just want to lose weight to better their mental and physical health, you will see how easy it is to eat healthy and eat deliciously at the same time. These recipes can also be flexible for those who have allergies. Healthy Substitutions are always welcomed! With that, bon appetite, buen provecho, salud, and enjoy!

TIME

Total: 1 hour

Prep Time - 25 minutes

Baking/Air Frying Time - 35 minutes

MATERIALS / INGREDIENTS

12 Tablespoons of olive oil

2.5 Tablespoons of Garlic Powder

1 Tablespoon of Black Pepper

1.5 Tablespoon of Raspberry Red Wine Vinegar

1 Tablespoon of Cumin

4oz of Freshly Squeezed Lemon Juice (from half a large Lemon)

.5 Teaspoons of Salt

1 Full Teaspoon of grounded thyme

2 Full Teaspoons of ground Ginger

4 Lemon wheels

8 Slices of Ginger (peeled)

Cilantro

8 cloves of garlic

1 Full Teaspoon of Cheyenne Chilli Flakes

1 Whole Rainbow Trout (Sub any white or pink flesh fish)



Whole Rainbow Trout

INSTRUCTIONS

- 1) Clean fish with 2oz of Lemon juice by rubbing half a cut lemon on the inside and outside of the fish while squeezing the lemon juice out. After thoroughly rubbing the lemon juice on the fish, discard the left-over juice in your plate or bowl.
- 2) In a mixing cup mix the olive oil, garlic powder, black pepper, red wine vinegar, cumin, lemon juice, Salt, thyme, ground ginger, and chilli flakes to make the fish marinade.
- 3) Apply the mixed spice marinade to the fish. Ensure to cover every inch of the fish (inside and outside).
- 4) Staff the fish with the lemon wheels, cilantro, crushed garlic cloves, and slices of ginger.
- 5) Place into air fryer (or pan or over) until crispy on the outside and tender and juicy on the inside.
- 6) Serve with a salad, rice, (sweet) potatoes (mashed or as fries or oven roasted) and enjoy!

RESOURCES

Nutritional Facts found on the United States Department of Agriculture (USDA) and Canadian Nutrient File (CFN)

website: <https://fdc.nal.usda.gov/> and <https://food-nutrition.canada.ca/cnf-fce/index-eng.jsp>

DASH Diet Guide was found on the Mayo Clinic website at: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456>

SUPPORTS NEEDED

This activity can be done independently, in pairs or with a group.

OTHER THINGS TO NOTE:

Nutrition Facts:

Serving: 1 serving is 100mg of Trout

Carbohydrates: 0

Calories: 160

Total Fat: 8g

Saturated Fat: 2g

Sodium: 280mg

Cholesterol: 60mg

Sugar: 0