

- 4 (6-8 ounce) pinbone-free Riverence® trout fillets
- 1/2 cup peanut oil
- 4 tablespoons soy sauce (regular or low sodium)
- 4 tablespoons balsamic vinegar
- 4 tablespoons green onions, chopped
- 3 teaspoons brown sugar
- 2 garlic cloves, minced
- 1 1/2 teaspoons ground ginger
- 2 teaspoons crushed red pepper flakes
- 1 teaspoon sesame oil
- 1/2 teaspoon salt

## Directions

Gently rinse the trout fillets, and pat them dry with a paper towel.

Place the trout fillets in a dish for marinating.

back over the surface of the trout.

Combine all other ingredients together into a bowl and mix well.

Pour the mixture over the trout and marinate in fridge for 4-6 hours.

Heat your oven to 425° F and pre-heat a cast iron pan in it.

Place the fillets skin-side down in the pan, and allow to cook for

6-8 minutes, or until you reach the desired internal temperature

(recommended internal temperature of 140° F). While it's cooking,

periodically use a spoon to drizzle the firecracker marinade from the pan

When finished cooking, the trout should be slightly firm to the touch.

Tip: If less spice is desired, decrease the quantity of crushed red pepper flakes!

