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MetaBurn90 Day 1, Meal 3

Trout with Green Beans and Almonds

Trout is delicious, mild in flavor, and easy on your budget, making it a perfect lean protein for any calorie-conscious athlete. Browned butter and almonds add richness and flavor to this simple dish, while blanched green beans help fill out the macros and complete this light, delicious meal.

Prep time: 5 min. Cook time: 10 min.

Serving size: 1 fillet

Recipe yields 1 serving

Ingredients

4-oz. trout fillet

3 oz. green beans

2 tbsp sliced almonds

2 tbsp butter

Lemon juice to taste

Salt to taste

1 tsp olive oil

Directions

1. Remove stems from green beans and blanch in boiling water for 3 minutes. Transfer to ice water to cool, then drain and set aside.
2. Season the trout fillet with salt. Heat a sauté pan with olive oil, then sear the filet skin side down for 2-3 minutes, starting on high heat before reducing to medium. Flip the filet and finish for 1 minute. Remove the trout from the pan and set aside, wiping the pan clean.
3. Heat the butter in the same pan until it starts to brown. Add the almonds and a splash of lemon juice. Toss the green beans in the browned butter, and then serve with the trout.