Festive Trout

Whole 800g-1kg trout, grilled and served on a Platter for 2 with 2 sides. (Festive seasonal special.)

Serve on a Platter for 2 with 2 sides of guest's choice. Combo option: trout with a panko-zucchini starter, 4 top-ups (guest's choice, excluding Seabream) and a drink.

Contains

INGREDIENTS

- 1 x 800g-1kg trout
- 20g vegetable oil
- 15g OB dry mix

METHOD

1. Dust the trout with the OB dry mix. Shake off any excess.
2. Drizzle the vegetable oil on the flat top grill.
3. Grill the trout on medium heat for approximately 9 minutes per side depending on the size of the fish (no less than 8 minutes per side).
4. Fish is ready when the flesh turns opaque.
5. Serve on a Platter for 2, with 2 sides of guest's choice.
6. Garnish with spring onion and lemon wedges.

GARNISH

- 1g spring onion
- 4 lemon wedges

EQUIPMENT

- Flat top grill
- Spatula

TIPS

- Avoid cooking on a very hot grill, as this turns the skin black and makes the fish look burnt.
- Use a long spatula and turn the fish with care to prevent breakage.

NOTES

- Seasonal festive special. Source: Canva, updated 2026.

WATCH THE METHOD

How to grill Trout (Festive Feast) https://www.youtube.com/watch?v=o24wMly4MnA