

## Whole Grilled Trout

Oscar · 29/09/2024



### Prep Time

30 mins

### Difficult

Medium

### Servings

4

### Description

Whole grilled trout stuffed with herbs and flavorings then cooked directly on grill grates produces flavorful flaky tender fish with tasty crispy skin

### Ingredients

- - 2 whole trout
- cleaned - 1 tablespoon olive oil
- divided - 1 pinch coarse sea salt to taste - 1 pinch ground black pepper - ½ lemon
- thinly sliced - ½ sweet onion
- thinly sliced - 1 clove garlic
- minced - 2 sprigs fresh rosemary - 2 sprigs fresh thyme

### Instructions

1. Gather the ingredients. Preheat an outdoor grill for high heat and lightly oil the grate. Rub the outside of each trout generously with olive oil and sprinkle with sea salt. Sprinkle inside cavities with salt and black pepper. Place 1/2 of the lemon and onion slices into cavity of each trout as well
2. along with minced garlic
3. sprig of rosemary
4. and sprig of thyme. Turn preheated grill down to low and place the trout directly onto the grill; cook until flesh flakes easily and the skins are browned
5. 6 to 7 minutes per side
6. flipping once.