



Dinner | PEAK SEASON: Summer

Seed Crusted Trout with Peach Pico

Recipe by: Nico Williams

Tender seed-crusted trout paired with a fresh peach pico for a meal that's packed with protein, healthy fats and bright, seasonal flavors!

Nutritional Info

(per serving, recipe yields 4 servings)

Calories: 395

Total Carbs: 12g

Fiber: 2g

Protein: 32g

Fat: 24g

Sugars: 8g (naturally occurring)

Sodium: 230 mg

Ingredients

Seed Crusted Trout

- 4 servings rainbow or steelhead trout or salmon
- 1 tbsp roasted pepitas
- 1 tbsp roasted sunflower kernels
- 1 tbsp sesame seeds
- 2 tbsp pine nuts (or pecans)
- Salt & Pepper
- Ground sumac
- Extra virgin olive oil

Peach Pico de Gallo

- 2 peaches, diced
- 2 tomatoes, diced (seeds removed if possible)
- ½ cup finely diced red onion
- 1 jalapeno, finely diced (seeds removed)
- ¼ cup finely chopped fresh cilantro
- ¼ cup finely chopped fresh mint
- ¼ cup finely chopped fresh oregano
- 2 tbsp freshly squeezed lime juice
- ½ teaspoon sea salt
- ¼ tsp freshly ground black pepper

Instructions

FOR THE PEACH PICO:

1. Add diced peaches, tomatoes, red onion, jalapeno, and herbs to a mixing bowl. Add freshly squeezed lime juice and season with sea salt and pepper. Toss everything together gently until well mixed.

FOR THE TROUT:

1. Preheat oven to 425°F.
2. Rinse the trout and pat dry. Arrange the trout on a baking sheet lined with foil or parchment paper with the skin side down.
3. Brush each piece of fish with a thin layer of olive oil. Season evenly with salt, pepper and sumac.
4. Combine the pepitas, sunflower seeds, and pine nuts in a food processor. Pulse just until the seeds are chopped into uniform pieces - you want some nice sized bits, not a meal or powder!
5. Transfer the chopped seeds to a small bowl, add the sesame seeds and stir to evenly distribute.
6. Divide the mixture between the trout pieces, lightly pressing the crust to adhere to the fish.
7. Place the prepared pan of fish in the oven on the middle rack. Roast just until seeds have toasted to golden brown - about 15 minutes, but begin checking at 10 minutes to be safe! The fish should reach an internal temperature of 145°F.
8. Serve with Peach Pico and enjoy!

Additional Info

- Rich in omega 3 fats and high quality protein to support heart and brain health.
- Pair with roasted vegetables and/or wild rice or quinoa for a balanced meal.



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