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Grilled Whole Trout With Lemon-Tarragon Bean

Prep Time: 25 mins

Cook Time: 10 mins

Total Time: 35 mins

Ingredients

- 1/4 cup(s) tarragon, fresh, chopped
- 3 tablespoon lemon juice
- 2 tablespoon oil, olive, extra virgin
- 1 tablespoon shallot(s), chopped
- 1 teaspoon salt, Kosher, divided
- 1/4 teaspoon pepper, black ground, divided
- 1 can(s) beans, white, (15-ounce can), rinsed
- 1/3 cup(s) pepper(s), red sweet, roasted, chopped
- 4 whole fish, trout, rainbow, cleaned, (about 5 ounces each)
- 12 slice(s) lemon, thinly sliced
- 4 sprig(s) tarragon, fresh

Preparation

1. Whisk chopped tarragon, lemon juice, oil, shallot, 1/4 teaspoon salt, sugar and 1/8 teaspoon pepper in a medium bowl until combined. Reserve 2 tablespoons of the dressing; add beans and peppers to the rest and toss to combine.
2. Preheat grill to medium-high. Coat a large fish-grilling basket with cooking spray. Stuff each trout with 3 slices lemon and 1 tarragon sprig. Sprinkle inside and out with the remaining 3/4 teaspoon salt and 1/8 teaspoon pepper. Place in the basket.
3. Grill the fish until the skin is golden and crispy, 4 to 5 minutes per side. Carefully remove the lemon and tarragon, drizzle the fish with the reserved dressing and serve with the bean salad.

