

RAINBOW TROUT

with Parmesan Tomato Stuffing

4-6 servings

2 tbsp	PASTENE Pure Olive Oil	30 mL
1	onion, finely chopped	1
1	garlic clove, minced	1
1	can (14 fl. oz/398 mL) PASTENE Italian Peeled Tomatoes, drained and chopped	1
1 cup	PASTENE “Kitchen Ready” Ground Tomatoes	250 mL
1 cup	cooked PASTENE Italian Arborio Rice	250 mL
¾ cup	PASTENE Grated Parmesan Cheese	175 mL
1 tbsp	chopped fresh parsley	15 mL
8	small rainbow trout fillets	8
	salt and pepper	

- Heat half the olive oil in a medium skillet over medium-high heat. Add onion and cook about 5 minutes. Add garlic, chopped tomatoes, and ground tomatoes. Cook for 10 minutes.
- Preheat oven to 350°F (180°C).
- Remove pan from heat. Stir in rice, Parmesan, and parsley. Mix well and season to taste with salt and pepper. Set aside.
- Place one fillet skin-side down and cover with ¼ of the tomato-rice mixture. Cover with a second fillet, skin-side up. Press gently with your hand to remove air gaps.
- Arrange trout packages on an oiled baking dish. Bake 8-10 minutes, or until fish flakes easily when tested with a fork. Serve immediately.

