

## **TROUT WITH ASPARAGUS AND LOVAGE BUTTER**

### **Serving 8**

#### **INGREDIENTS:**

**1,2 kg rainbow trout (gives 8 pieces) or 800 g brown trout fillets**  
**2 packages of green asparagus**  
**20 g grated parmesan**  
**1 package of smoked paprika**  
**salt, pepper**  
**60 g olive oil**  
**For the sauce:**  
**100 g butter**  
**60 g olive oil**  
**20 g honey**  
**20 g fresh lemon juice**  
**20 g white wine**  
**1 package of lovage**  
**salt, pepper**

#### **PREPARATIONS:**

1. *Portion the fish for 8 pieces. Put them on oven plate with baking sheet. Season with salt, pepper and smoked paprika and splash them with olive oil.*
2. *Melt 100g butter for sauce and let it cool down.*
3. *Wash asparagus and cut the hard ends.*
4. *Set the oven to 180 C degrees and put the fish for around 20 min.*
5. *Add melted butter, olive oil, lemon juice, honey, white wine, salt and pepper and a package of lovage. Mix everything together until the sauce is smooth.*
6. *5 min before the fish is done steam asparagus. If you don't have a steamer you can boil water in a pot and put strainer on the top, add asparagus and cover it with the lid. Let it steam for around 3-4 min. Put a little bit of salt to asparagus.*
7. *Serve with grated parmesan.*