

# Pan Fried Steelhead Trout with Thyme Lemon Butter Sauce

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/norwegian-steelhead-trout-recipe>

## Ingredients:

- 1 pound steelhead trout skin-on, cut into 4 fillets
- 1/4 teaspoon salt and pepper
- 1 tablespoon olive oil
- 3 tablespoons fresh lemon juice
- 4 sprigs thyme
- 1 pinch salt
- 4 tablespoons unsalted butter cold and cut into 1 tablespoon pieces

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 95 milligrams
4. Fat: 18 grams
5. Protein: 23 grams
6. SaturatedFat: 9 grams
7. Sodium: 260 milligrams

---

Thank you for visiting our website. Hope you enjoy Pan Fried Steelhead Trout with Thyme Lemon Butter Sauce above. You can see more 18 norwegian steelhead trout recipe Savor the mouthwatering goodness! to get more great cooking ideas.