



## **TROUT AMADINE**

4 – 6 Trout fillets  
Sea salt and black pepper  
1/2 cup flour  
2 tsp. Two Brothers Seasoning  
1/4 cup Canola Oil  
1/2 stick butter  
1 tbsp. Heinen's All Natural Olive Oil  
1 tbsp. honey mustard  
1 tbsp. honey  
2/3 cup sliced almonds

Place the flour and Two Brothers seasoning in a Ziploc bag. Pat fish fillets dry with paper towels. Season both sides of fillets with salt and pepper; let stand until fillets are glistening with moisture, about 5 minutes. Place one fillet in Ziploc and shake to coat the fish completely. Remove the fillet and place on a plate. Repeat process for other 3 fillets.

In a small nonstick skillet, add olive oil and butter. Heat over medium-low heat until butter melts. Stir in honey and honey mustard. Stir until fully blended. Add almonds to butter mixture. Turn off heat and set skillet aside while you cook the fish.

Heat the canola oil in a 12-inch nonstick skillet over high heat until shimmering, but not smoking. Place one or two fillets in a skillet in a single layer and immediately reduce heat to medium-high. Cook without moving the fillet about 3-4 minutes. Using a metal spatula, gently flip fillets. Cook on second side about 2 – 3 minutes.

Transfer cooked fillets to a warm serving platter and tent with foil.

Add next two fillets to skillet and repeat cooking process. Remove from the skillet onto the serving platter.

Return the small skillet with the butter-almond sauce to the stove and re-heat for 1 minute. Spoon the almond sauce on the top of each fish fillet. Serve immediately.

Makes 4 servings