**STEAMED TROUT with PARSLEY BUTTER**

**EF GF V**

**1 trout**

**½ lemon**

**2 cloves garlic**

**Salt and pepper**

**Parsley butter**

**PARSLEY BUTTER**

**60g butter**

**1 teaspoon lemon rind, grated**

**1 tablespoon parsley**

**1 tablespoon lemon juice**

Slice lemon.

Peel and chop garlic.

Fill trout with lemon, garlic, salt and pepper.

Place in Varoma tray.

Fill bowl with 700g water.

Steam 20 minutes, Varoma temperature, Speed 4.

Serve with Parsley Butter.

**PARSLEY BUTTER**

Place all ingredients in clean, dry bowl and mix for 15 seconds, Speed 5.

Roll into logs and refrigerate, or just place in small dish to serve.