

# OSTERIA VIA STATO®

## LAKE TROUT WITH SPINACH AND ARTICHOKES

*Serving Size: 1*

### INGREDIENTS

- 1 piece of Lake Trout Filet, skin removed
- 2 Tbsp Grapeseed Oil
- 1 cup Spinach
- 2 Tbsp Cooked Sliced Artichokes, stem on cooked artichokes, stem on
- 1 Tbsp torn chive and parsley (½ Tbsp of each)
- 3 Tbsp Unsalted Butter
- Salt and pepper to taste
- Lemon Juice to taste (about half of a lemon)

### METHOD

- Season fish with salt and pepper. Heat a sauté pan with grapeseed oil until almost smoking and add the fish to pan face side down and sear without moving, until nicely browned, about 3-5 minutes.
- Turn fish and add 1 Tbsp of butter and remove pan from flame. Baste the fish and allow it to rest in the pan to finish cooking, about 5-6 minutes.
- Heat 1 Tbsp of butter in a sauce pan and add spinach, season with salt and pepper and cook for 1- 2 minutes over high heat.
- Drain excess water from spinach and reserve.
- Meanwhile, melt the remaining 1 Tbsp of butter in a sauté pan and add the sliced artichokes and saute for over med - medium high heat until it starts to brown, about 3-4 minutes
- Add the herbs to the artichokes and season with salt and pepper.
- Place the cooked spinach in the center of a large bowl or plate.
- Place the fish on top and spoon the artichokes on top of the fish.
- Squeeze lemon juice to taste and serve.

