

# Creamy lemon and trout pasta

Total time **54 mins** 40 mins marinating time 8 mins cooking time 6 mins preparation time

Nutritional facts (per portion):  
**2154 kJ / 514.5 kcal**

Fat: **22.9 g** Protein: **28 g**  
Carbohydrates: **49.2 g**

## INGREDIENTS

2 portion(s)

<b>200 g</b>	Rainbow trout fillets, skinless, boneless
<b>4 tbsp</b>	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
<b>0.5 tbsp</b>	Olive oil
<b>90 g</b>	Whipping cream
<b>100 g</b>	Tagliatelle pasta
<b>50 ml</b>	Pasta cooking water
<b>4</b>	Sprigs of thyme
<b>1 pinch</b>	of pepper

## PREPARATION

### Step 1

Cut the fish into thick cubes and put into a bowl. Add 3 tbsp [Kikkoman Ponzu Lemon](#), mix. Leave in the fridge for 40 minutes.

### Step 2

After this time, cook the pasta al dente in slightly salted water according to the instructions on the package.

### Step 3

Meanwhile, heat the olive oil in a pan and add the marinated pieces of fish. Fry briefly on both sides. Add the cream and 1 tbsp of [Kikkoman Ponzu Lemon](#). Season with pepper to taste. Add about 40-60 ml of water from the pasta pan. Cook for a few minutes (until the sauce is slightly reduced).

### Step 4

Transfer the cooked and drained pasta to the pan and heat together for 2 minutes.

### Step 5

Transfer to plates and decorate with fresh thyme.