

# **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

## **INGREDIENTS**

2 portion(s)

**200 g** Rainbow trout fillets,

skinless, boneless

**4 tbsp** Kikkoman Ponzu Citrus

Seasoned Soy Sauce -

Lemon

**0.5 tbsp** Olive oil

90 g Whipping cream100 g Tagliatelle pasta50 ml Pasta cooking water

4 Sprigs of thyme

**1 pinch** of pepper

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

### **PREPARATION**

Step 1

Cut the fish into thick cubes and put into a bowl. Add 3 tbsp <u>Kikkoman Ponzu Lemon</u>, 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 <u>Kikkoman Ponzu Lemon</u>. 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.