KIKKOMAN

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):
2,154 kJ / 514.5 kcal

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

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 cream
100 g	Tagliatelle pasta
50 ml	Pasta cooking water
4	Sprigs of thyme
1 pinch	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.