

# Seared Trout

*with Peach & Arugula Salad*

In this recipe, we combined the two complementary flavors of peach and tarragon, with the earthiness of potatoes and arugula. To achieve a nice brown color and crispy skin on your trout, make sure the pan is good and hot before adding the fish. We hope you'll find this recipe to be a smash hit and a fun way to eat tasty fish.



## Ingredients

- 6 Ounces Fingerling Potatoes
- 2 Tablespoons Almonds
- 1 Bunch Tarragon
- 1 Clove Garlic
- 1 Peach
- 1 Shallot
- 2 Tablespoons Apple Cider Vinegar
- 2 Butterflied Trout
- 3 Ounces Arugula

Makes 2 Servings  
About 550 Calories Per Serving



# Instructions



## 1 Prepare your ingredients:

Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce. Slice the potatoes into ¼-inch-thick discs. Roughly chop the almonds. Finely chop the tarragon leaves. Peel and mince the garlic, smashing until it resembles a paste. Pit and thinly slice the peach. Peel and mince the shallot to get about 2 tablespoons of minced shallot. Add the shallot to a small bowl along with the **cider vinegar**.



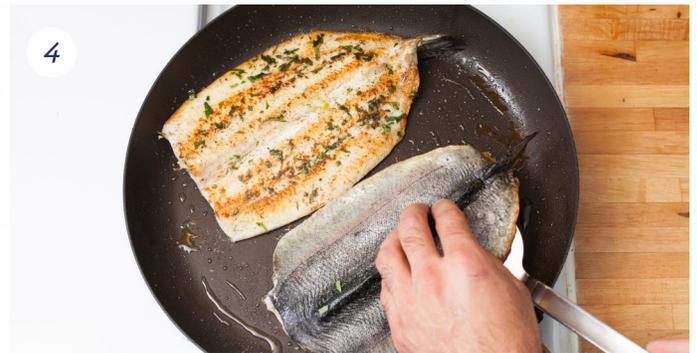
## 2 Cook the potatoes:

Add the **potatoes** to the boiling water. Cook 5 to 6 minutes, or until tender when pierced with a fork. Drain and rinse under cool water.



## 3 Make the dressing:

While the potatoes cook, make the dressing. Add the **garlic paste** to the **shallot and vinegar**. Gradually whisk in about 2 tablespoons of olive oil until combined. Season with salt and pepper to taste.



## 4 Cook the trout:

Season the insides of the **trout** with salt and pepper, then sprinkle the **tarragon** all over the insides. In a large nonstick pan, heat some olive oil on medium-high until hot. Add the **trout** to the hot pan, skin side up. Season the skin side with salt and pepper. Cook 3 to 5 minutes per side, or until the skin is crispy on the second side, turning over once.



## 5 Make the salad:

While the fish cooks, in a large bowl, combine the **arugula, sliced peach, almonds, and cooked potatoes**. Spoon some of the dressing into the salad (you may have extra dressing) and season with salt and pepper. Gently toss to coat.



## 6 Plate your dish:

Divide the salad and trout between 2 plates. Spoon some of the **remaining dressing** over the fish, if you like. Enjoy!