

Pan-Seared Trout & Calabrian Chile Sauce

with Asparagus, Farro & Date Salad

2 SERVINGS | 30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients



2 Skin-On Steelhead Trout Fillets



6 oz Asparagus



2 tps Date Syrup



1 Tbsp Tuscan Spice Blend¹



½ cup Semi-Pearled Farro



1 oz Dried Medjool Dates



2 Tbsps Balsamic Vinegar



1 Kohlrabi



1 ½ tps Calabrian Chile Paste



2 Tbsps Roasted Pistachios



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



15 11 6

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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1. Ground Fennel Seeds, Whole Fennel Seeds, Ground Rosemary & Ground Sage

1 Prepare the ingredients & make the sauce

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Peel the **kohlrabi**; halve lengthwise. If present, remove the core, then medium dice.
- Snap off and discard the tough, woody stem ends of the **asparagus**; cut crosswise into 1-inch pieces (keeping the pointed tips intact).
- Pit and roughly chop the **dates**.
- Roughly chop the **pistachios**.
- In a bowl, combine the **date syrup** and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper.



2 Cook the farro

- Add the **farro** to the pot of boiling water. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly.



3 Cook the vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **diced kohlrabi** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **asparagus pieces**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until slightly softened.
- Transfer to a large bowl.
- Wipe out the pan.



4 Cook the fish

- Pat the **fish** dry with paper towels. Season only on the skinless side with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy.
- Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.* Turn off the heat.



5 Make the salad & serve your dish

- Transfer the **cooked farro** to the bowl of **cooked vegetables**.
- Add the **vinegar**, **chopped dates**, and **chopped pistachios**. Season with salt and pepper; toss to combine.
- Serve the **farro salad** topped with the **cooked fish** (skin side up) and **sauce**. Enjoy!



*An instant-read thermometer should register 145°F.