

# Crispy Steelhead Trout & Creamy Dijon Sauce

with Roasted Potatoes, Peppers & Brussels Sprouts

## INGREDIENT IN FOCUS

Similar in appearance to salmon, steelhead trout is a mild, slightly sweet fish with a rich, bright orange flesh and delicate skin that turns deliciously crispy when seared in the pan.

## WHY WE LOVE THIS DISH

We're giving these trout fillets a touch of French bistro flair by finishing them with spoonfuls of a piquant pan sauce made with cream, vegetable demi-glace, and whole grain dijon.



**PREMIUM**





4 SERVINGS





🕒 35-45 MINS






Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.  
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## Ingredients

-  4 Skin-On Steelhead Trout Fillets
-  1 lb Brussels Sprouts
-  1 ¼ lbs Fingerling Potatoes
-  2 Red, Yellow, or Orange Bell Peppers

-  1 Shallot
-  1 bunch Parsley
-  2 Tbsps Whole Grain Dijon Mustard
-  ½ cup Cream

-  1 Tbsp Weeknight Hero Spice Blend<sup>1</sup>
-  2 Tbsps Vegetable Demi-Glace
-  2 oz Balsamic-Marinated Cipolline Onions

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



## 1 Prepare the ingredients

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Halve the **potatoes** lengthwise.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Cut off and discard the stems of the **peppers**. Quarter lengthwise; remove the ribs and seeds.
- Peel and thinly slice the **shallot**.
- Roughly chop the **onions**.
- In a large bowl, combine the **sliced shallot, chopped onions**, and a drizzle of **olive oil**; season with salt and pepper.
- Roughly chop the **parsley** leaves and stems.



## 2 Roast the potatoes

- Place the **halved potatoes** on a sheet pan; drizzle with **olive oil** and season with salt, pepper, and **half the spice blend**. Toss to coat and arrange in an even layer, cut side down.
- Roast, flipping halfway through, 20 to 22 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



## 3 Roast the vegetables

- Meanwhile, place the **halved brussels sprouts** and **quartered peppers** on a separate sheet pan.
- Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 15 to 17 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



## 4 Cook the fish

- Meanwhile, pat the **fish** dry with paper towels. Season only on the skinless side with salt, pepper, and the **remaining spice blend**.
- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Working in batches if necessary, 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.\*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



## 5 Make the pan sauce

- To the pan of reserved fond, add the **cream** (carefully, as it may splatter), **demi-glace**, and **mustard**; season with salt and pepper. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.



## 6 Finish & serve your dish

- To the bowl of **prepared shallot and onions**, add the **roasted potatoes and vegetables**; stir to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **finished vegetables** topped with the **cooked fish** and **pan sauce**. Garnish with the **chopped parsley**.



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

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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