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

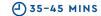
We're giving these trout fillets a touch of French bistro flair by finishing them with spoonfuls of a piquant pan sauce made with cream, vegetable demi-glace, and whole grain dijon.





PREMIUM

4 SERVINGS







4 Skin-On Steelhead Trout Fillets



1 lb Brussels Sprouts



1 1/4 lbs Fingerling Potatoes



2 Red, Yellow, or Orange Bell Peppers



1 Shallot



1 bunch Parsley



2 Tbsps Whole Grain Dijon Mustard



½ cup Cream



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

blueapron.com/wine



1 Tbsp Weeknight Hero Spice Blend¹



2 Tbsps Vegetable Demi-Glace



2 oz Balsamic-Marinated Cipolline Onions

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.
- \bullet 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.
- \bullet 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 or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

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