

Steelhead Trout Fillets & Creamy Pesto

with Arugula & Asparagus Panzanella Salad

ORIGIN

Panzanella (or Italian bread salad) originated in Tuscany, where people made use of stale bread by soaking it in olive oil, then tossing it with fresh tomatoes and more for a vibrant, delicious salad.

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 cooked in the pan.



PREMIUM

2 SERVINGS

⌚ 40-50 MINS



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical.
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Ingredients


 2 Skin-On Steelhead Trout Fillets

 1 Small Baguette


 1 Persian Cucumber

 6 oz Asparagus

 2 Scallions

 4 oz Grape Tomatoes

 2 oz Arugula

 1 bunch Mint

 1 ½ tps Calabrian Chile Paste

 ⅓ cup Basil Pesto

 2 Tbsps Crème Fraîche

 1 Tbsp Red Wine Vinegar

 ½ oz Sweet Drop Peppers

 1 oz Pitted Niçoise Olives

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Medium dice the **baguette**.
- Snap off and discard the tough, woody stem ends of the **asparagus**; cut on an angle into 2-inch pieces (keeping the pointed tips intact).
- Halve the **tomatoes**.
- Medium dice the **cucumber**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a large bowl, combine the **halved tomatoes, diced cucumber, sliced white bottoms of the scallions, olives, peppers, vinegar, 2 tablespoons of olive oil**, 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. Set aside to marinate, stirring occasionally, at least 10 minutes.
- Pick the **mint** leaves off the stems.



2 Make the croutons

- In a medium pan (nonstick, if you have one), heat **2 tablespoons of olive oil** on medium-high until hot.
- Add the **diced baguette**; season with salt and pepper. Cook, stirring frequently, 4 to 5 minutes, or until toasted.
- Transfer to a plate.
- Wipe out the pan.



3 Cook the asparagus

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **asparagus pieces**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned and softened.
- Transfer to the bowl of **marinated vegetables**.
- Wipe out the pan.



4 Cook the fish

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, 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 panzanella & serve your dish

- To the bowl of **marinated vegetables and asparagus**, add the **croutons** and **arugula**. Toss to thoroughly combine. Taste, then season with salt and pepper if desired.
- In a separate bowl, combine the **pesto** and **crème fraîche**. Taste, then season with salt and pepper if desired.
- Serve the **cooked fish** with the **panzanella**. Top the fish with the **creamy pesto**. Garnish the panzanella with the **sliced green tops of the scallions** and **mint leaves** (tearing just before adding). Enjoy!



*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

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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