

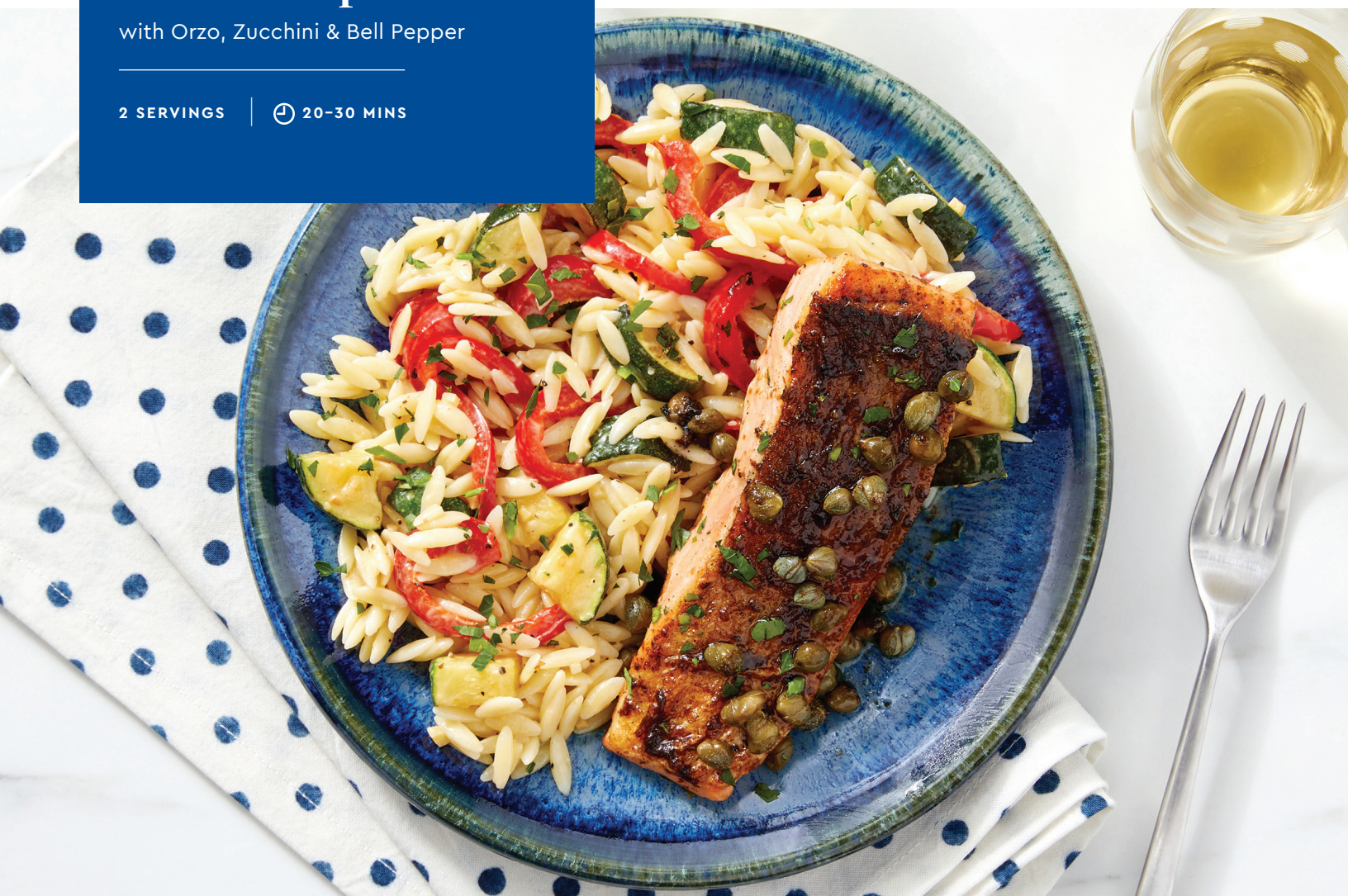
Steelhead Trout & Lemon-Caper Sauce

with Orzo, Zucchini & Bell Pepper

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
blueapron.com



Ingredients



2 Skin-On Steelhead Trout Fillets



1 Lemon



1 bunch Parsley



2 Tbsps Butter



4 oz Orzo Pasta



1 Zucchini



1 Tbsp Capers



2 Tbsps Fromage Blanc or Crème Fraîche



2 cloves Garlic



1 Red, Yellow, or Orange Bell Pepper



2 Tbsps All-Purpose Flour



1 Tbsp Weeknight Hero Spice Blend¹



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

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

1 Prepare the ingredients

- 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.
- Quarter the **zucchini** lengthwise, then cut crosswise into $\frac{1}{2}$ -inch pieces.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **lemon** crosswise; squeeze the juice into a bowl, straining out the seeds.
- Roughly chop the **parsley** leaves and stems.



2 Cook the pasta

- Add the **pasta** to the pot of boiling water. Cook, uncovered, 7 to 9 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



3 Cook the vegetables & finish the pasta

- Meanwhile, in a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **zucchini pieces, sliced pepper, and chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly softened. Turn off the heat.
- Transfer the **cooked vegetables** to the pot of **cooked pasta**. Add the **fromage blanc or crème fraîche** and a drizzle of **olive oil**; stir to thoroughly combine.
- Taste, then season with salt and pepper if desired. Cover to keep warm.
- Wipe out the pan used to cook the vegetables.



4 Coat the fish

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- On a large plate, combine the **flour** and **spice blend**.
- Working one piece at a time, thoroughly coat the **seasoned fish** in the **seasoned flour**.



5 Cook the fish & serve your dish

- In the same pan, heat **2 teaspoons of olive oil** on medium until hot.
- Add the **coated fish** (tapping off any excess flour before adding), skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy.
- Flip the fish and add the **butter, capers, and lemon juice** (carefully, as the liquid may splatter). Cook, constantly spooning the mixture over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.* Turn off the heat.
- Serve the **cooked fish and sauce** over the **finished pasta**. Garnish with the **chopped parsley**. Enjoy!



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