

# Crispy Skin Trout & Apple Compote

with Roasted Vegetables & Salsa Verde Rice

## 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.

## WHY WE LOVE THIS DISH

For dynamic depth of flavor, we're making a compote (or simply, a fresh fruit sauce heated briefly on the stove) to top the fish. It features sweet apples cooked in the reserved, herbaceous oil used to fry fragrant rosemary leaves, plus a bit of creamy butter and rich demi-glace to finish.



**PREMIUM**

4 SERVINGS

🕒 45-55 MINS



Serve a bottle of Blue Apron wine with this symbol: Light & Fresh.

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## Ingredients

- |                                                                                                                       |                                                                                                         |                                                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
|  4 Skin-On Steelhead Trout Fillets |  1 bunch Rosemary    |  2 1/2 Tbsps Vegetable Demi-Glace |
|  1 cup Red Rice Blend              |  1 bunch Chives      |  1 Tbsp Verjus Blanc              |
|  3/4 lb Carrots                     |  2 Apples            |  1 Tbsp Apple Cider Vinegar       |
|  1 lb Brussels Sprouts             |  2 oz Butter         |  1/2 cup Roasted Walnuts          |
|  1 Shallot                         |  1/3 cup Salsa Verde |                                                                                                                        |





"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- 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.
- Roughly chop the **walnuts**.
- Peel the **carrots**; quarter lengthwise, then cut crosswise into 2-inch pieces.
- Cut off and discard the root ends of the **brussels sprouts**; halve lengthwise.
- Slice the **chives** into 1-inch pieces.
- Pick the **rosemary** leaves off the stems.
- Grate the **apple** on the large side of a box grater, discarding the core.
- Peel and small dice the **shallot**.



## 2 Cook & finish the rice

- Add the **rice** to the pot of boiling water and cook, uncovered, 30 to 32 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Stir in the **salsa verde** and **chopped walnuts**. Taste, then season with salt and pepper if desired. Cover to keep warm.



## 3 Roast the vegetables

- Meanwhile, line a sheet pan with foil.
- Place the **carrot pieces** and **halved brussels sprouts** on the foil. Drizzle with **olive oil** and season with salt and pepper. Toss to coat; arrange in an even layer.
- Roast 16 to 18 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven. Top with the **verjus** and **sliced chives**; carefully stir to coat.



## 4 Fry the rosemary

- Meanwhile, in a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a rosemary leaf sizzles immediately when added, add the **rosemary leaves**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until crispy.
- Leaving the **rosemary oil** in the pan, transfer the leaves to a paper towel-lined plate; immediately season with salt.



## 5 Make the apple compote

- To the pan of **reserved rosemary oil**, add the **grated apple** and **diced shallot**; season with salt and pepper. Cook on medium-high, stirring occasionally, 2 to 3 minutes, or until softened.
- Add the  **demi-glaze** (carefully, as the liquid may splatter) and  $\frac{1}{4}$  **cup of water**. Cook, stirring occasionally, 2 to 3 minutes, or until softened and most of the liquid has cooked off.
- Add the **butter** and **vinegar**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until combined and the butter is melted.
- Turn off the heat. Stir in **half the fried rosemary**. Taste, then season with salt and pepper if desired.
- Transfer to a bowl. Rinse and wipe out the pan.



## 6 Cook the fish & serve your dish

- 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.
- Serve the **cooked fish** over the **finished rice** and **roasted vegetables**. Top with the **apple compote** and **remaining fried rosemary**. Enjoy!



\*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

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](http://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.

Blue Apron, LLC  
New York, NY 10005