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



## Ingredients



4 Skin-On Steelhead Trout Fillets



1 cup Red Rice Blend



3/4 lb Carrots



1 lb Brussels Sprouts



1 Shallot



1 bunch Rosemary



1 bunch Chives



2 Apples



2 oz Butter



1/3 cup Salsa Verde



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

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2 ½ Tbsps Vegetable Demi-Glace



1 Tbsp Verjus Blanc



1 Tbsp Apple Cider Vinegar



½ cup Roasted Walnuts



#### "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 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

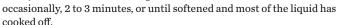
- Meanwhile, in a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a rosemary leaf sizzles immediately when added, add the rosemary leaves; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until crispy.

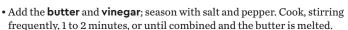


 Leaving the rosemary oil in the pan, transfer the leaves to a paper towel-lined plate; immediately season with salt.

### 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-glace (carefully, as the liquid may splatter) and 1/4 cup of water. Cook, stirring

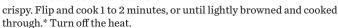




- Turn off the heat. Stir in half the fried rosemary. Taste, then season with salt and pepper if desired.
- Transfer to a bowl. Rinse and wipe out the pan.

## 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



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

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