

# Maple-Dijon Glazed Steelhead Trout

with Garlic-Herb Fingerlings & Fennel Salad

## WHY WE LOVE THIS DISH

Savory-sweet glazed trout fillets pair perfectly with hearty potatoes (finished with garlic-herb butter and balsamic onions) and a wintry salad of rosemary-roasted fennel, pear, lettuce, and candied pistachios.

## TECHNIQUE TO HIGHLIGHT

To make the candied pistachios, you'll cook them briefly in the pan with date syrup to develop that sweet, sticky coating. Transferring them to parchment or a lightly greased plate is key so they don't stick to the plate as they cool!



Your meal may look different due to ingredient tweaks



PREMIUM






2 SERVINGS






⌚ 35-45 MINS



Serve a bottle of Blue Apron wine with this symbol: Full & Savory.  
[blueapron.com/wine](https://blueapron.com/wine)

## Ingredients

-  2 Skin-On Steelhead Trout Fillets
-  ¾ lb Fingerling Potatoes
-  1 Fennel Bulb
-  1 Pear
-  1 oz Balsamic-Marinated Cipolline Onions

-  1 head Butter Lettuce
-  1 bunch Parsley
-  1 bunch Rosemary
-  1 oz Garlic & Herb Spreadable Butter
-  1 Tbsp Dijon Mustard

-  3 Tbsps Green Goddess Dressing
-  1 ½ Tbsps Spicy Maple Syrup
-  2 tsps Date Syrup
-  2 Tbsps Roasted Pistachios
-  1 Tbsp Weeknight Hero Spice Blend<sup>1</sup>

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





"Alexa, find Blue Apron recipes."

## 1 Roast & finish the potatoes

- Remove the **spreadable butter** from the refrigerator to soften.
- Place an oven rack in the upper and lower thirds of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Line two sheet pans with foil.
- Halve the **potatoes** lengthwise. Place in a bowl. Drizzle with **olive oil** and season with salt, pepper, and the **spice blend**. Toss to coat.
- Reserving the bowl, transfer to one sheet pan and arrange in an even layer, cut side down.
- Place on the lower oven rack; roast, flipping halfway through, 20 to 22 minutes, or until browned and tender when pierced with a fork.
- Transfer to the reserved bowl. Add the **softened butter**; season with salt and pepper. Toss to coat.



## 2 Prepare the fennel

- Meanwhile, cut off and discard any stems from the **fennel**, then halve, core, and thinly slice the bulb.
- Place the **sliced fennel** and **rosemary sprigs** on the remaining sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.



## 3 Roast the fish & fennel

- In a bowl, combine the **maple syrup** and **mustard**.
- Transfer **half the maple mustard** to a separate bowl and set aside for serving.
- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Place on the other side of the sheet pan of **prepared fennel**, skin side down. Evenly spread or brush the **remaining maple mustard** onto the seasoned fish.
- Place on the upper oven rack; roast 10 to 13 minutes, or until the fennel is tender when pierced with a fork and the fish is cooked through.\*
- Remove from the oven. Carefully discard the **rosemary sprigs**.



## 4 Make the candied pistachios

- Meanwhile, line a plate with parchment paper or lightly grease with oil.
- Roughly chop the **pistachios**.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped pistachios**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until lightly toasted.
- Add the **date syrup**. Cook, stirring constantly, 1 to 2 minutes, or until coated. Turn off the heat.
- Transfer to the prepared plate in an even layer to avoid sticking. Set aside to cool. Taste, then season with salt and pepper if desired.



## 5 Prepare the remaining ingredients

- Cut off and discard the root end of the **lettuce**; roughly chop the leaves.
- Quarter, core, and thinly slice the **pear**.
- Roughly chop the **parsley** leaves and stems.
- Roughly chop the **onions**.



## 6 Make the salad & serve your dish

- Just before serving, in a large bowl, combine the **chopped lettuce**, **sliced pear**, and **roasted fennel**.
- Add enough of the **green goddess dressing** to coat (you may have extra); season with salt and pepper. Toss to combine.
- Serve the **roasted fish** with the **salad** and **finished potatoes**. Garnish the fish with the **chopped parsley**. Garnish the salad with the **candied pistachios**. Garnish the potatoes with the **chopped onions**. Serve the **reserved maple mustard** on the side. 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](https://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



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-  1 Fennel Bulb
-  1 Pear
-  1 oz Balsamic-Marinated Cipolline Onions

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-  1 bunch Parsley
-  1 bunch Rosemary
-  1 oz Garlic & Herb Spreadable Butter
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-  3 Tbsps Green Goddess Dressing
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-  2 tsps Date Syrup
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- Reserving the bowl, transfer to one sheet pan and arrange in an even layer, cut side down.
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- Place the **sliced fennel** and **rosemary sprigs** on the remaining sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.



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## 6 Make the salad & serve your dish

- Just before serving, in a large bowl, combine the **arugula**, **sliced pear**, and **roasted fennel**.
- Add enough of the **green goddess dressing** to coat (you may have extra); season with salt and pepper. Toss to combine.
- Serve the **roasted fish** with the **salad** and **finished potatoes**. Garnish the fish with the **chopped parsley**. Garnish the salad with the **candied pistachios**. Garnish the potatoes with the **chopped onions**. Serve the **reserved maple mustard** on the side. Enjoy!



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