

Steelhead Trout & Lemon-Caper Sauce

with Orzo, Zucchini & Sweet Peppers

2 OR 4 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**

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Ingredients

 2 Skin-On Steelhead Trout Fillets or 4 for 4 servings

 1 Lemon

 1 bunch Parsley

 1 oz Salted Butter or 2 oz for 4 servings

 4 oz Orzo Pasta or ½ lb for 4 servings

 1 Zucchini or 2 for 4 servings

 1 Tbsp Capers

 1 Tbsp Weeknight Hero Spice Blend¹

 2 cloves Garlic

 4 oz Sweet Peppers or ½ lb for 4 servings

 2 Tbsps Mascarpone Cheese or ¼ cup for 4 servings



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

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



"Alexa, find Blue Apron recipes."

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 stems of the **peppers**; remove the cores. Halve lengthwise, 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 a drizzle of **olive oil** on medium-high until hot.
- Add the **zucchini pieces**, **sliced peppers**, and **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly softened. Turn off the heat.
- Transfer to the pot of **cooked pasta**. Add the **mascarpone** 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.



4 Cook the fish & serve your dish

- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides. Season only on the skinless side with enough of the **spice blend** to coat (you may have extra).
- In the same pan, heat a drizzle 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 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!



*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

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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