

# Steelhead Trout Fillets & Creamy Pesto

with Arugula & Corn Panzanella Salad

## ORIGIN

Panzanella (or Italian bread salad) originated in Tuscany, where people made use of stale bread by soaking it in olive oil, then tossing it with fresh tomatoes and more for a vibrant, delicious salad.

## 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.



**PREMIUM**

2 SERVINGS

⌚ 40-50 MINS



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

## Ingredients\*

-  2 Sustainably Sourced, Skin-On Steelhead Trout Fillets
-  1 Small Baguette
-  1 Persian Cucumber
-  2 ears of Corn
-  ½ oz Sweet Drop Peppers

-  1 oz Pitted Niçoise Olives
-  2 oz Arugula
-  2 Scallions
-  1 bunch Mint
-  4 oz Grape Tomatoes

-  2 Tbsps Crème Fraîche
-  1 ½ tsps Calabrian Chile Paste
-  ⅓ cup Basil Pesto
-  1 Tbsp Red Wine Vinegar

\*Ingredients may be replaced and quantities may vary.

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## 1 Prepare the ingredients

- Wash and dry the fresh produce.
- Medium dice the **baguette**.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Halve the **tomatoes**.
- Medium dice the **cucumber**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a large bowl, combine the **halved tomatoes, diced cucumber, sliced white bottoms of the scallions, olives, peppers, vinegar, 2 tablespoons of olive oil**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.
- Pick the **mint** leaves off the stems.



## 2 Make the croutons

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced baguette**; season with salt and pepper. Cook, stirring frequently, 4 to 5 minutes, or until lightly toasted.
- Transfer to a plate.
- Wipe out the pan.



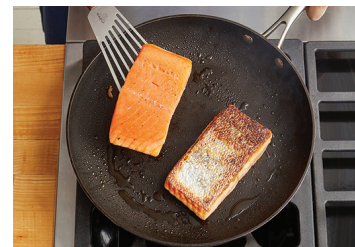
## 3 Cook the corn

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **corn kernels** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned (be careful, as the corn may pop as it cooks). Season with salt and pepper. Continue to cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Transfer to the bowl of **marinated vegetables**.
- Wipe out the pan.



## 4 Cook the fish

- 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.



## 5 Make the panzanella & serve your dish

- To the bowl of **marinated vegetables and corn**, add the **croutons** and **arugula**. Toss to thoroughly combine. Taste, then season with salt and pepper if desired.
- In a separate bowl, combine the **pesto** and **crème fraîche**. Taste, then season with salt and pepper if desired.
- Serve the **cooked fish** (skin side up) with the **panzanella**. Top the fish with the **creamy pesto**. Garnish the panzanella with the **sliced green tops of the scallions** and **mint leaves** (tearing just before adding). Enjoy!



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

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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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