



NUTRITION *per serving* 28g carbohydrates 27g fat 45g protein 300mg sodium | low-calorie, low-carb, gluten-free, soy-free, shellfish-free, nut-free



Calories
540



Prep & Cook Time
25-35 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 1 Shallot
- 2 Parsley Sprigs
- .3 oz. Capers
- 8 oz. Green Beans
- 2 Roma Tomatoes
- 2 Steelhead Trout Fillets
- 2 fl. oz. White Cooking Wine
- 5 fl. oz. Evaporated Whole Milk
- 1.2 oz. Butter

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Medium Non-Stick Pan

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HOME CHEF

CUSTOMER FAVORITE

Steelhead Trout in Shallot-Butter Sauce

with green beans and Roma tomatoes

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Be sure to remove pan from burner before adding **butter** to **sauce**. Doing this incorporates butter without it separating.

FROM THE CHEF

We love crackling, crisp skin-on fish, but skin can easily be removed if you prefer. Simply cook as directed and lift away skin with a fork just before serving.

Did you know...

This shallot-butter sauce is inspired by French *beurre blanc* sauce and is a classic accompaniment to delicate fish like trout.



Prepare the Ingredients

Peel and mince **shallot**. Stem and mince **parsley**. Drain and rinse **capers**. Trim ends off **green beans**. Halve **Roma tomatoes** lengthwise. Rinse **steelhead trout**, pat dry, and season both sides with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper**. *No, it's not salmon! Steelhead trout is a close cousin of salmon, which explains the similarity in appearance.*



Prepare Green Beans and Tomatoes

Arrange **green beans** and **Roma tomato halves** (cut side up) on separate halves of prepared baking sheet. Drizzle tomatoes with 1 tsp. **olive oil** and toss green beans with an additional 1 tsp. olive oil. Season both with $\frac{1}{2}$ tsp. **salt** and a pinch of **pepper**.



Roast Green Beans and Tomatoes

Spread **green beans** into a single layer on their half and roast until green beans are slightly charred and **tomatoes** are slightly tender, 12-15 minutes. *Remove tomatoes early, if necessary, when skin starts to wrinkle.* While green beans and tomatoes roast, cook trout.



Cook the Trout

Line a plate with a paper towel. Heat 2 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Add **trout**, flesh side down, to hot pan and cook until lightly browned, 4-5 minutes. Flip, and cook on skin side until trout reaches a minimum internal temperature of 145 degrees, 3-4 minutes. Remove to towel-lined plate. Reserve pan; no need to wipe clean.



Make the Sauce

Return pan used to cook fish to medium heat. Add 1 tsp. **olive oil** and **shallots** to hot pan. Cook until fragrant, 30 seconds. Add **capers** and **white wine**, bring to a simmer, and cook until mostly evaporated, 1-2 minutes. Add **evaporated milk** and return to a simmer. Cook, stirring constantly, until just thick enough to coat the back of a spoon, 2-3 minutes. Remove pan from burner and swirl in **butter**. Season to taste with a pinch of **salt and pepper**.



Plate the Dish

Place a serving of **green beans** and **Roma tomatoes** on a plate. Lean **steelhead trout** against vegetables and pool **sauce** in front. Garnish sauce and vegetables with **parsley**.