



Almond Gremolata Trout

WITH GREEN BEAN RATATOUILLE

Meal Kit



Prep & Cook Time

20-30 MIN

Cook Within

3 DAYS

You Will Need

Olive Oil, Salt
2 Large Non-Stick Pans,
Mixing Bowl

Ingredients

1 oz. Roasted Sliced Almonds
4 Garlic Cloves
¼ oz. Parsley
1 Lemon
1 Zucchini
1 tsp. Onion Salt
2 tsp. Blackening Seasoning
8 oz. Green Beans
Customize It Options
10 oz. Steelhead Trout Filets
12 oz. Salmon Fillets

Difficulty Level

EASY

Spice Level

NOT SPICY

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef	Ground Pork	Impossible Burger	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/33698

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, sesame, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Ingredient(s) used more than once: **garlic, gremolata**



Customize It Instructions

- If using **salmon**, pat dry. Add salmon, skin-side up first, and cook until salmon reaches minimum internal temperature, 4-6 minutes per side.



2. Start the Vegetables

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **zucchini, green beans**, half the **garlic** (reserve remaining for gremolata), and **onion salt** to hot pan. Stir occasionally until lightly browned and tender, 6-8 minutes.
- Remove from burner.
- While vegetables cook, continue recipe.



4. Make the Gremolata

- In a mixing bowl, combine **parsley**, remaining **garlic**, **almonds**, a pinch of **salt**, 3 Tbsp. **olive oil**, 1 tsp. **lemon zest**, and 1 Tbsp. **lemon juice**. Set aside.

1. Prepare the Ingredients

- Trim **zucchini** ends, quarter, and cut into 1/2" dice. *Zucchini quantity may vary, but total weight will remain the same. Don't worry; recipe instructions are not impacted.*
- Trim **green beans**, if necessary, and cut into 1" pieces.
- Mince **parsley**, no need to stem.
- Zest and halve **lemon**. Cut one half into wedges and juice the other half.
- Coarsely chop **almonds**.
- Mince **garlic**.



3. Cook the Trout

- Pat **trout** dry and season flesh side with **blackening seasoning**.
- Place another large non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add trout, skin-side up, to hot pan. Cook until trout reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side.
- Remove from burner.
- While trout cooks, continue recipe.



5. Finish Vegetables and Finish Dish

- Stir 1 Tbsp. **gremolata** (reserve remaining for garnish) into **vegetables**.
- Plate dish as pictured on front of card, topping vegetables with **trout** and garnishing with remaining gremolata. Squeeze **lemon wedges** over to taste. Bon appétit!