



NUTRITION *per serving* 35g carbohydrates 20g fat 41g protein 1205mg sodium | low-calorie, low-carb, soy-free, shellfish-free, nut-free



Calories
501



Prep & Cook Time
25-35 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- ¾ cup Pearl Couscous
- ¾ oz. Pitted Kalamata Olives
- 2 Oregano Sprigs
- 2 Steelhead Trout Fillets
- 1 fl. oz. White Balsamic Vinegar
- ½ oz. Honey
- 2 tsp. Lemon and Pepper Seasoning
- 1 oz. Feta Cheese

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Small Pot
- Wire-Mesh Strainer
- Mixing Bowl
- Medium Oven-Safe Pan

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HOME CHEF

Lemon-Pepper Steelhead Trout

with couscous, feta, and Kalamata olives

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 **450 degrees**
- Bring a **small pot of water** to a boil
- Thoroughly rinse produce and pat dry
- Place a wire-mesh strainer in the sink

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.
- **Heads Up! Oregano** is used twice. Most is used in **vinaigrette**, and a pinch is reserved for garnish.
- **Heads Up! Dressing** is used twice. Most dresses **couscous**, and 2 tsp. is used for garnish.
- Be careful! Pan handle will be very hot after pan is removed from oven. Keep a clean, dry towel around handle as a reminder.

FROM THE CHEF

Trout skin is edible (and delicious), but can easily be removed if you prefer. Simply cook as directed and pull away skin with a fork just before serving.

Did you know...

Couscous is a pearl-shaped pasta common in North African and Middle Eastern cuisine. It varies in size depending on region. This larger size is commonly known as Israeli couscous.



Make the Couscous

Add **couscous** to boiling water and cook until tender, 7-10 minutes. Drain couscous in wire-mesh strainer and rinse briefly under cold running water. Set aside in strainer and let cool to room temperature.



Cook the Trout

Place a medium oven-safe pan over medium-high heat. Add 1 tsp. **olive oil** and **trout**, skin side up, to hot pan. Cook on one side until lightly browned, 2-3 minutes. Flip, and season evenly with **seasoning blend**. Place pan in oven and roast until trout is firm and reaches a minimum internal temperature of 145 degrees, 4-6 minutes. Remove from oven and rest 2 minutes. While trout roasts, toss salad.



Prepare the Ingredients

Rinse **olives** and cut into ¼" slices. Stem and coarsely chop **oregano**. Rinse **trout fillets** and pat dry. *No, it's not salmon! Steelhead trout is a close cousin of salmon, which explains the similarity in appearance.*



Toss the Salad

Add **couscous**, **feta**, and **olives** to bowl containing **vinaigrette**. Toss to combine all ingredients. Garnish **trout** with reserved vinaigrette and **oregano**.



Make the Vinaigrette

Combine **white balsamic**, **honey**, **oregano** (reserve a pinch for garnish), 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** in a medium mixing bowl. Stir to combine. Set aside 2 tsp. **dressing** for garnishing cooked trout.



Plate the Dish

Place a serving of **couscous** on a plate. Nestle **trout fillet** against couscous.