



#### IN YOUR BOX

- ½ oz. Pitted Kalamata Olives
- 1 Roma Tomato
- 2 Garlic Cloves
- 1 Lemon
- 2 oz. Green Beans
- 3 oz. Red Potato
- 2 Steelhead Trout Fillets
- ¼ oz. Capers
- 4 oz. Baby Spinach

**NUTRITION** *per serving* 18g carbohydrates 23g fat 39g protein 1212mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, shellfish-free, nut-free



Calories  
**417**



Prep & Cook Time  
**35-45 min.**



Cook Within  
**3 days**



Difficulty  
**Intermediate**



Spice Level  
**Not Spicy**

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Colander
- Small Pot
- 2 Mixing Bowls
- Medium Non-Stick Pan

[www.homechef.com/3734](http://www.homechef.com/3734)



## Steelhead Trout Niçoise

with warm potato and spinach salad

## BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Thoroughly rinse produce and pat dry
- ❑ Place a colander 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!** **Lemon zest** is used twice. Half is added to **tomato relish** and remaining garnishes dish.

## FROM THE CHEF

Not a fan of fish skin? Don't worry. Once the trout is cooked, the skin will easily peel off and you can serve it without the skin.

### Did you know...

Traditional *niçoise salad* has many of the same components as this dish, including tomatoes, olives, and capers. Some *niçoise* salads also include green beans and potatoes like this version.



1

### Prepare the Ingredients

Cut **olives** into ¼" slices. Cut **Roma tomato** into ½" dice. Mince **garlic**. Zest and halve **lemon**. Cut one half into two wedges and juice the other half. Trim ends off **green beans**. Cut into 1" pieces. Cut **potato** into ½" dice. Rinse **trout fillets**, pat dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



2

### Cook the Potatoes and Green Beans

Bring a small pot with **potatoes** and 2 cups **lightly salted water** to a boil over high heat. Cook until tender but not falling apart, 5-8 minutes. Add **green beans** and cook until bright green and tender, 3-4 minutes. Drain in colander and set aside.



3

### Make the Tomato Relish

In a small mixing bowl, combine **tomatoes**, **half the lemon zest** (reserve remaining for garnish), **olives**, **capers**, 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Set aside for flavors to marry.



4

### Cook the Trout

Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **trout**, skin side up, to hot pan. Cook until browned, 3-5 minutes. Flip, reduce heat to medium, and cook until skin is crispy and trout reaches a minimum internal temperature of 145 degrees, 4-6 minutes. Remove pan from burner and set aside. While trout cooks, make salad.



5

### Make the Salad

Mix **garlic**, 1 Tbsp. **lemon juice**, and 2 Tbsp. **olive oil** to a large mixing bowl. Add ½ tsp. **salt**, ¼ tsp. **pepper**, **potatoes**, **green beans**, and **spinach** to bowl. Toss to coat.



6

### Plate the Dish

Place **salad** onto a bowl or shallow plate. Set **trout** next to salad, skin side down, and top with **tomato relish**. Garnish to taste with remaining **lemon zest** and **lemon wedges**.