



NUTRITION *per serving* 45g carbohydrates 39g fat 45g protein 1559mg sodium



Calories
730



Prep & Cook Time
25-35 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Not Spicy



Steelhead Trout in Shallot-Butter Sauce

with roasted fingerling potatoes

IN YOUR BOX

12 oz. Fingerling Potatoes
1 Shallot
¼ oz. Parsley
2 Steelhead Trout Fillets
2 fl. oz. White Cooking Wine
¼ oz. Capers
5 fl. oz. Evaporated Whole Milk
1.2 oz. Butter

CONTAINS: milk, fish (steelhead trout)

IN YOUR KITCHEN

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

www.homechef.com/4020

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**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- ☐ **Heads Up! Parsley** is used twice. Half is added to **sauce**, and remaining garnishes dish.
- ☐ 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

Halve **potatoes** lengthwise. Peel and mince **shallot**. Stem and mince **parsley**. Pat **steelhead trout** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



Roast the Potatoes

Place **potatoes** on prepared baking sheet and toss with 2 tsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Spread into a single layer. Roast until golden brown and tender, 18-20 minutes. While potatoes roast, cook trout.



Cook the Trout

Place medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **trout** to hot pan, skin side up. Cook undisturbed until golden brown, 3-5 minutes. Flip, and cook until skin is crispy and trout reaches a minimum internal temperature of 145 degrees, 3-5 minutes. Transfer to a plate. Reserve pan; no need to wipe clean.



Start the Sauce

Return pan used to cook trout to medium heat. Add ½ tsp. **olive oil** and **shallot** to hot pan. Stir often until shallots soften, 2-3 minutes. Add **white wine** and **capers**. Bring to a simmer and cook until liquid mostly evaporates, 2-3 minutes.



Finish the Sauce

Add **evaporated milk** to pan. Raise heat to medium-high. Cook, stirring often, until sauce is just thick enough to coat the back of a spoon, 2-4 minutes. Add half the **parsley** (reserve remaining for garnish), remove from burner, and swirl in **butter**. Season with a pinch of **salt** and **pepper**.



Plate the Dish

Place a serving of **potatoes** on a plate. Lean **trout** against potatoes and pool **sauce** in front. Garnish with remaining **parsley**.