



STEELHEAD TROUT OVER BASIL PARM RISOTTO with Burst Tomatoes



HELLO

Pacific Seafood

Rich in flavor and extremely high in omega-3 fatty acids

PREP: 10 MIN

TOTAL: 45 MIN

CALORIES: 880



Veggie Stock Concentrates



Arborio Rice



Lemon



Pacific Seafood Steelhead Trout
(Contains: Fish)



Garlic



Grape Tomatoes



Basil



Parmesan Cheese
(Contains: Milk)

START STRONG

Want to master restaurant-quality crispy fish skin? First, pat the fillets as dry as you can with paper towels. Second, be sure to let the oiled pan get nice and hot before adding your fish, skin sides down.

BUST OUT

- Medium pot
- Zester
- 2 Large pans
- Paper towels
- Vegetable oil (3 tsp | 3 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Veggie Stock Concentrates **2 | 4**
- Grape Tomatoes **4 oz | 8 oz**
- Lemon **1 | 2**
- Basil **½ oz | 1 oz**
- Garlic **2 Cloves | 4 Cloves**
- Arborio Rice **¾ Cup | 1½ Cups**
- Pacific Seafood Steelhead Trout* **10 oz | 20 oz**
- Parmesan Cheese **¼ Cup | ½ Cup**

* Steelhead Trout is fully cooked when internal temperature reaches 145 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 PREP Wash and dry all produce. Combine **4 cups water** (7 cups for 4 servings) and half the **stock concentrates** in a medium pot; bring to a boil. Once boiling, reduce heat to low. While stock simmers, halve **tomatoes**. Zest and quarter **lemon** (quarter both lemons for 4 servings). Pick **basil** leaves from stems; discard stems and roughly chop leaves. Mince or grate **garlic**.



4 COOK TOMATOES Heat a drizzle of **oil** in same pan over medium-high heat. Add **tomatoes** and remaining **garlic**; cook, stirring, until slightly softened, 1-2 minutes. Stir in remaining **stock concentrates** and **¼ cup water** (½ cup for 4 servings). Simmer until water has mostly evaporated, 2-3 minutes. Turn off heat and stir in **1 TBSP butter** and **lemon juice** (to taste). Season with **salt** and **pepper**.

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2 SIMMER RISOTTO Heat a drizzle of **oil** in a large pan over medium heat. Add half the **garlic** and cook, stirring, until fragrant, 30 seconds. Add **rice** and stir until translucent, 1-2 minutes. Add **½ cup stock** and bring mixture to a simmer. Cook, stirring, until liquid has mostly absorbed. Repeat with remaining stock, adding ½ cup at a time and stirring until liquid has mostly absorbed, until rice is al dente and creamy, 25-30 minutes.



5 FINISH RISOTTO Once **risotto** is al dente, turn off heat and stir in **Parmesan**, **lemon zest**, a squeeze of **lemon juice**, half the **basil**, and **1 TBSP butter** (2 TBSP for 4 servings). Taste and season generously with **salt** and **pepper**.



3 COOK FISH Meanwhile, pat **trout** dry with paper towels and season all over with **salt** and **pepper**. Once risotto has cooked for 15 minutes, heat a drizzle of **oil** in a separate large, preferably nonstick, pan over medium heat. Add fish to pan skin side down. Cook until skin is crispy, 5-6 minutes. Flip and cook until opaque and cooked through, 4-6 minutes more. Turn off heat; transfer to a plate and wipe out pan.



6 SERVE Divide **risotto** between bowls and top with **trout**. Spoon **burst tomatoes** over trout and garnish with remaining **basil leaves**. Serve with remaining **lemon wedges** on the side.

HERB YOUR ENTHUSIASM

Fresh basil adds a clean, bright flavor to your finished dish.