



PAN-SEARED TROUT WITH CREAMY HERB SAUCE

with Lemon-Almond Rice Pilaf & Roasted Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves
Garlic



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



¾ Cup | 1½ Cups
Jasmine Rice



2 | 4
Scallions



¼ oz | ½ oz
Parsley



1 | 2
Lemon



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk



6 oz | 12 oz
Green Beans



10 oz | 20 oz
Steelhead Trout
Contains: Fish



1 TBSP | 2 TBSP
Fry Seasoning



1 tsp | 2 tsp
Garlic Powder



½ Cup | ½ Cup
Flour
Contains: Wheat



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HELLO

CREAMY HERB SAUCE

Crème fraîche—thicker and less tangy than sour cream—is the base for this lemony sauce that's perfect with fish.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 940



FIL-LET IT BE

Whether or not you're using a nonstick pan, let the trout fillets do their thing once they hit the pan (no moving around!). The skin will release naturally when the fish is ready to flip.

BUST OUT

- Small pot
- Small bowl
- Baking sheet
- Paper towels
- Aluminum foil
- Large pan
- Zester
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Olive oil (1 TBSP | 2 TBSP)

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1 MAKE RICE

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince or grate **garlic**.
- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **almonds** and garlic and cook, stirring, until golden and fragrant, 30-60 seconds.
- Stir in **rice, 1¼ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**; bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



4 SEASON TROUT

- Pat **trout*** dry with paper towels. Season generously with **salt** and **pepper**. In a shallow bowl, combine **Fry Seasoning, garlic powder, half the flour, ½ tsp salt**, and a **pinch of pepper (all the flour and 1 tsp salt for 4 servings)**.
- Add trout to bowl with **flour mixture** and turn to coat, shaking off any excess.



2 ROAST GREEN BEANS

- While rice cooks, trim **green beans** if necessary. Toss green beans on a baking sheet with a **drizzle of oil, salt, and pepper**.
- Roast on top rack until tender and browned, 12-15 minutes. Remove sheet from oven; carefully cover with foil to keep warm.



5 COOK TROUT

- Heat a **large drizzle of oil** in a large, preferably nonstick, pan over medium heat. Add **coated trout** to pan, skin sides down.
- Cook until skin is crispy, 5-6 minutes. Flip and cook until trout is golden and cooked through, 4-6 minutes more. Transfer to a paper-towel-lined plate.



3 MAKE SAUCE

- Trim and mince **scallions**. Mince **parsley**. Zest and quarter **lemon**.
- In a small bowl, combine scallions, parsley, **crème fraîche, 1 TBSP olive oil (2 TBSP for 4 servings)**, and a **squeeze of lemon juice**; season with **salt and pepper** to taste. Set aside.



6 FINISH & SERVE

- Fluff **rice pilaf** with a fork. Stir in **lemon zest**.
- Spoon a **layer of creamy herb sauce** on one side of each plate. Arrange **trout** over sauce. Divide rice pilaf and **green beans** between plates in separate sections. Serve with **remaining lemon wedges** on the side.

*Trout is fully cooked when internal temperature reaches 145°.