



# JAPANESE HOISIN MISO-GLAZED TROUT

with Cucumber Carrot Salad

## INGREDIENTS

2 PERSON | 4 PERSON



5 tsp | 10 tsp  
White Wine Vinegar



2 | 4  
Mini Cucumbers



1 | 2  
Miso Sauce Concentrate  
Contains: Soy



4 oz | 8 oz  
Shredded Carrots



½ Cup(s) | 1 Cup(s)  
Jasmine Rice



10 oz | 20 oz  
Steelhead Trout  
Contains: Fish



4 TBSP | 8 TBSP  
Umami Ginger Sauce  
Contains: Soy, Wheat



2 TBSP | 4 TBSP  
Hoisin Sauce  
Contains: Soy, Wheat



2 | 4  
Scallions



1½ oz | 3 oz  
Sesame Dressing  
Contains: Soy, Wheat, Sesame



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HELLO

### HOISIN SAUCE

This Cantonese-style sauce is sweet and tangy with a barbecue-like kick.



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 780



## NICE RICE!

To form neat rice mounds, coat the inside of a small bowl with cooking spray; pack rice in tightly. Flip the bowl onto the plate and lift up slowly!

## BUST OUT

- Small pot
- Paper towels
- Small bowl
- Baking sheet
- Medium bowl
- Kosher Salt
- Black Pepper
- Sugar

## MORE IS MORE

For **2X protein or veggies**, cook in batches or larger cooking vessels (this may require longer cook times—follow the visual and temperature cues). For **3 servings**, reduce the seasoning (and any other ingredients for the protein) by a quarter if the protein is less than the 4-serving amount. For **6 servings**, simply triple the 2-serving recipe.

For HelloCustom nutritional information, please refer to HelloFresh.com.

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### 1 COOK RICE

- Adjust rack to top position and preheat oven to 425 degrees.
- In a small pot, combine **rice**, **¾ cups water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



### 3 ROAST FISH

- Pat **trout\*** dry with paper towels; season all over with **salt and pepper**.
- Place trout, skin sides down, on a baking sheet. Evenly spread tops of trout with **hoisin miso glaze**. Roast on top rack until trout is cooked through, 10-12 minutes.



### 2 MAKE SALAD & GLAZE

- Meanwhile, **wash and dry produce**.
- Trim and quarter **cucumbers** lengthwise; slice crosswise into ½-inch-thick quarter-moons. Trim and thinly slice **scallions**, separating whites from greens.
- In a medium bowl, combine cucumbers, **scallion whites**, **carrots**, **dressing**, **1 tsp vinegar**, and **¼ tsp sugar (2 tsp vinegar and ½ tsp sugar for 4 servings)**. (**Be sure to measure the vinegar—we sent more.**) Season generously with **salt and pepper**.
- In a small bowl, combine **hoisin**, **miso sauce concentrate**, and **umami ginger sauce**; set aside.



### 4 FINISH & SERVE

- Fluff **rice** with a fork.
- Divide rice, **trout**, and **cucumber carrot salad** between plates. Sprinkle everything with **scallion greens** and serve.

\*Fish is fully cooked when internal temperature reaches 145°.