













LEMON BUTTER TROUT

with Asparagus Amandine and Horseradish Potato Mash



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

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 930

-  Yukon Gold Potatoes
-  Chives
-  Columbia River Steelhead Trout (Contains: Fish)
-  Sliced Almonds (Contains: Tree Nuts)
-  Milk (Contains: Milk)
-  Asparagus
-  Lemon
-  Fry Seasoning
-  Horseradish Powder
-  Veggie Stock Concentrate

START STRONG

For an extra-smooth mash, peel your potatoes before dicing in step 1.

BUST OUT

- Medium pot
- Potato masher
- Zester
- Small bowl
- 2 Baking sheets
- Medium pan
- Paper towels
- Kosher salt
- Strainer
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Butter (4 TBSP | 7 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Yukon Gold Potatoes 12 oz | 24 oz
- Asparagus 6 oz | 12 oz
- Chives ¼ oz | ½ oz
- Lemon 1 | 2
- Columbia River Steelhead Trout* 10 oz | 20 oz
- Fry Seasoning 1 TBSP | 2 TBSP
- Horseradish Powder 1 tsp | 2 tsp
- Milk 6.75 oz | 13.5 oz
- Veggie Stock Concentrate 1 | 2
- Sliced Almonds 1 oz | 1 oz

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

WINE CLUB

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1 BOIL POTATOES AND PREP
Preheat oven to 450 degrees. **Wash and dry all produce.** Dice **potatoes** into ½-inch pieces; place in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, 15-20 minutes. Meanwhile, trim and discard woody bottom ends from **asparagus**. Finely chop **chives**. Zest and quarter **lemon**.



4 MASH POTATOES
Once **potatoes** are tender, drain and return to pot over low heat. Mash with **2 TBSP butter** (4 TBSP for 4 servings), half the **horseradish powder**, and **milk** (add a few splashes at a time until smooth). Taste and add more horseradish powder if desired. Stir in half the **chives** (you'll use more later). Season generously with **salt** and **pepper**. Turn off heat; keep covered until ready to serve.

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2 SEASON ASPARAGUS AND TROUT

Toss **asparagus** on a baking sheet with a drizzle of **olive oil**, **salt**, and **pepper**. Pat **trout** dry with paper towels. Rub fillets all over with a drizzle of **olive oil**; season generously with salt and pepper. Rub flesh sides of fillets with **Fry Seasoning**; place on a separate, lightly **oiled** baking sheet.



5 START SAUCE AND TOAST ALMONDS

Meanwhile, in a small bowl, combine ¼ **cup water** (⅓ cup for 4 servings), **stock concentrate**, a big squeeze of **lemon juice**, and half the **lemon zest**; set aside. Heat a medium, dry pan over medium-high heat. Add **almonds** and cook, stirring, until golden brown, 2-4 minutes. Transfer to a plate. To same pan over medium-high heat, pour in **stock mixture**. Bring to a boil and cook until slightly thickened, 2-3 minutes. Turn off heat.



3 ROAST ASPARAGUS AND TROUT

Roast **asparagus** on middle rack and **trout** on top rack until asparagus is tender and lightly browned and trout is opaque and cooked through, 10-12 minutes.



6 FINISH AND SERVE

Stir **2 TBSP butter** (3 TBSP for 4 servings) into pan with **sauce** until melted, then stir in remaining **chives**. Taste and season with **salt**, **pepper**, and more **lemon juice** if desired. Toss **asparagus** with remaining **lemon zest** and as many **toasted almonds** as you like; divide between plates with **potatoes** and **trout**. Spoon **sauce** over trout. Serve with any remaining **lemon wedges** on the side.

GIDDY UP

Have any leftover horseradish powder? Mix it with mayo or sour cream for spreading on sandwiches.

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