

Trout Amandine

with Roasted Fingerlings & Watermelon Radish

ORIGIN

Amandine is a French culinary term meaning “prepared or served with almonds.” The dish stars a rich pan sauce of butter, lemon juice, and toasted almonds—traditionally spooned over fillets of sole or trout.

INGREDIENT IN FOCUS

Watermelon radish is a vibrant heirloom variety named for its resemblance to the fruit. They boast a mildly peppery flavor, but their gentle sweetness and tender texture shine through when roasted.



PREMIUM

2 SERVINGS

⌚ 40-50 MINS



Serve a bottle of Blue Apron wine with this symbol: Crisp & Tropical.
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Ingredients

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|  2 Skin-On Steelhead Trout Fillets |  1 Lemon |  1 Tbsp Whole Grain Dijon Mustard |
|  1 Watermelon Radish |  1 bunch Parsley |  2 Tbsps Sliced Roasted Almonds |
|  ¾ lb Fingerling Potatoes |  ⅓ cup Crispy Onions |  1 Tbsp Weeknight Hero Spice Blend ¹ |
|  1 Tbsp Capers |  ¼ cup Sour Cream | |
|  1 Shallot |  1 oz Salted Butter | |

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Peel and quarter the **shallot**.
- Halve the **potatoes** lengthwise.
- Peel the **radish**; halve lengthwise, then cut into 1-inch-wide wedges.
- Halve the **lemon** crosswise; squeeze the juice into a bowl, straining out the seeds.
- Roughly chop the **parsley** leaves and stems.
- Roughly chop the **capers**.
- In a bowl, combine the **chopped capers, mustard, sour cream, and 1 tablespoon of water**.



2 Roast the vegetables

- Place the **quartered shallot, halved potatoes, and radish wedges** on a sheet pan; drizzle with **olive oil** and season with salt and pepper. Toss to coat. Arrange in an even layer.
- Roast 27 to 29 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



3 Cook the fish

- Once the vegetables have roasted about 10 minutes, pat the **fish** dry with paper towels. Season only on the skinless side with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy.
- Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



4 Make the pan sauce & serve your dish

- Add the **butter** to the pan of reserved fond. Cook on medium-high, stirring constantly and scraping up any fond, 1 to 2 minutes, or until the foam subsides and the butter is fragrant (it should smell nutty and toasted).
- Add the **sliced almonds**. Cook, stirring frequently, 1 to 2 minutes, or until lightly browned.
- Add the **lemon juice** (carefully, as the liquid may splatter) and **half the chopped parsley**. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **cooked fish** with the **roasted vegetables**. Top the fish with the **pan sauce**. Top the vegetables with the **creamy caper sauce** and **crispy onions**. Garnish with the **remaining chopped parsley**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC
New York, NY 10005