



JAPANESE YUZU MISO-GLAZED TROUT

with Cucumber Carrot Salad

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Jasmine Rice



2 | 4
Mini Cucumbers



2 | 4
Scallions



4 oz | 8 oz
Shredded Carrots



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



5 tsp | 10 tsp
White Wine Vinegar



10 oz | 20 oz
Steelhead Trout
Contains: Fish



1 | 2
Japanese Yuzu
Miso Glaze
Contains: Soy



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



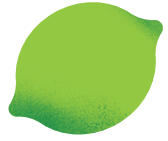
HELLO

YUZU

An Asian citrus fruit popular in Japanese cuisine that imparts a complex, floral, sweet-tart flavor



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 700



HELLO FRESH

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
- Medium bowl
- Baking sheet
- Kosher salt
- Black pepper
- Sugar (¼ tsp | ½ tsp)

MORE IS MORE

If you ordered 6 servings, simply triple the amounts in the 2-person recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

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



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 **yuzu miso glaze**. Roast on top rack until trout is cooked through, 10-12 minutes.



2 MAKE SALAD

- 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**.



4 FINISH & SERVE

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

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