



BBQ-SPICED TROUT & ARUGULA-PEACH SALAD

with Tomato & Sherry-Dijon Vinaigrette

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Peach



1 | 2
Tomato



3 Cloves | 6 Cloves
Garlic



5 tsp | 10 tsp
Sherry Vinegar



2 tsp | 4 tsp
Honey



2 tsp | 4 tsp
Dijon Mustard



10 oz | 20 oz
Steelhead Trout
Contains: Fish



1 TBSP | 2 TBSP
Sweet and Smoky
BBQ Seasoning



2 oz | 4 oz
Arugula



ANY ISSUES WITH YOUR ORDER?
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THERE TOO. SCAN HERE TO GET HELP!



HELLO

SHERRY VINEGAR

This complex vinegar adds a touch of finesse to salad dressing.

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 690



ALL ABOUT THAT BASTE

Spooning the garlic butter over the fish while it cooks makes it moist and flavorful.

BUST OUT

- Medium bowl
- Large pan
- Whisk
- Large bowl
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (**2 TBSP** | **4 TBSP**)
- Cooking oil (**1 tsp** | **1 tsp**)
- Butter (**3 TBSP** | **6 TBSP**)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, 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. (For 6-person meals, triple the amounts in the 2-person recipe.)

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

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1 PREP & MAKE VINAIGRETTE

- **Wash and dry produce.**
- Place **one garlic clove** on a cutting board. Lay the broad side of your knife on top and gently press down with the heel of your hand to crush the clove; remove peel. Repeat with remaining garlic. Halve **peach** and remove pit; thinly slice. Halve **tomato** lengthwise; cut into ½-inch-thick half-moons.
- In a medium bowl, whisk together **vinegar, honey, mustard, and 2 TBSP olive oil (4 TBSP for 4 servings)**. Season with **salt and pepper**.



3 TOSS SALAD

- In a large bowl, combine **arugula, peach, and tomato**. Season with **salt and pepper**. Drizzle with as much **vinaigrette** as you like. Toss to coat.



2 COOK TROUT

- Pat **trout*** dry with paper towels; season with **salt and pepper**.
- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium heat. Add trout, skin sides down. Cook until skin is crispy, 5-6 minutes. Flip and cook until opaque and almost cooked through, 3-5 minutes more.
- In the last minute of cooking, add **crushed garlic, BBQ Seasoning, and 3 TBSP butter (6 TBSP for 4 servings)**. Carefully tilt pan so butter pools on one side. Using a large spoon, spoon hot butter over trout until coated and cooked through, 1-2 minutes more. Remove from heat.



4 SERVE

- Divide **trout and salad** between plates. Drizzle trout with as much **remaining butter** from pan as you like. Serve.

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