





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

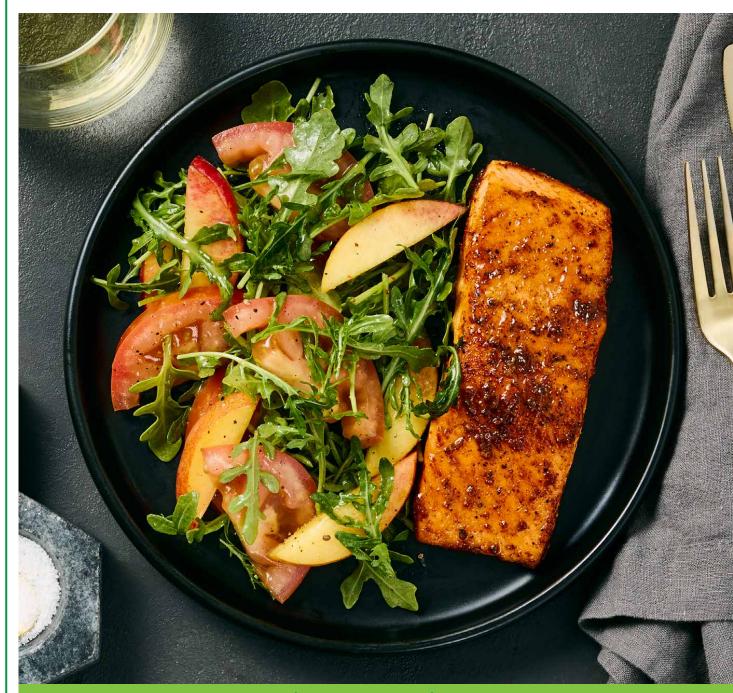
## HELLO

#### **SHERRY VINEGAR**

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

# **BBQ-SPICED TROUT & ARUGULA-PEACH SALAD**

with Tomato & Sherry-Dijon Vinaigrette



PREP: 5 MIN COOK: 20 MIN CALORIES: 690

 $\times$ 



#### ALL ABOUT THAT BASTE

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

#### **BUST OUT**

Large bowl

- Medium bowl
  Large pan
- Whisk
- 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.

#### **GET SOCIAL**

Share your **#HelloFreshPics** with us **@HelloFresh** (646) 846-3663 | **HelloFresh.com** 



## **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.



## 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.



#### **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.



#### **4 SERVE**

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