



STEELHEAD TROUT OVER BASIL PARM RISOTTO with Burst Tomatoes



HELLO

BURST TOMATOES

Juicy grape tomatoes burst when cooked to create the base for a delicious sauce.

PREP: 10 MIN

TOTAL: 45 MIN

CALORIES: 880



Veggie Stock Concentrates



Arborio Rice



Lemon



Steelhead Trout
(Contains: Fish)



Garlic



Grape Tomatoes



Basil



Parmesan Cheese
(Contains: Milk)

START STRONG

Risotto needs a little attention to become perfectly creamy. Don't forget to check in on it and stir while it simmers, adding stock in intervals along the way.

BUST OUT

- Medium pot
- Zester
- 2 Large pans
- Paper towels
- Vegetable oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Veggie Stock Concentrates **2** | **4**
- Grape Tomatoes **4 oz** | **8 oz**
- Lemon **1** | **2**
- Basil **½ oz** | **1 oz**
- Garlic **2 Cloves** | **4 Cloves**
- Arborio Rice **¾ Cup** | **1½ Cups**
- Steelhead Trout* **10 oz** | **20 oz**
- Parmesan Cheese **¼ Cup** | **½ Cup**

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



HelloFRESH



1 PREP Wash and dry all produce. In a medium pot, combine **4 cups water** (7 cups for 4 servings) and half the **stock concentrates**. Bring to a boil, then reduce to a low simmer. Meanwhile, halve **tomatoes**. Zest and quarter **lemon** (quarter both lemons for 4). Pick **basil leaves** from stems; discard stems and roughly chop leaves. Mince or grate **garlic**.



4 COOK TOMATOES Heat a drizzle of **oil** in same pan over medium-high heat. Add **tomatoes** and remaining **garlic**; cook, stirring, until slightly softened, 1-2 minutes. Stir in remaining **stock concentrates** and **¼ cup water** (½ cup for 4 servings). Bring to a simmer; cook until water has mostly evaporated and tomatoes begin to burst, 2-3 minutes. Turn off heat. Stir in **1 TBSP butter** and **lemon juice** to taste. Season with **salt** and **pepper**.

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com



2 START RISOTTO Heat a drizzle of **oil** in a large pan over medium heat. Add half the **garlic**; cook, stirring, until fragrant, 30 seconds. Add **rice**; stir until translucent, 1-2 minutes. Add **½ cup stock**; bring to a simmer and stir until liquid has mostly absorbed. Repeat with remaining stock—adding ½ cup at a time and stirring until liquid has mostly absorbed—until rice is al dente and creamy, 25-30 minutes.



5 FINISH RISOTTO Once **rice** is al dente, turn off heat and stir in **Parmesan**, **lemon zest**, a squeeze of **lemon juice**, half the **basil**, and **1 TBSP butter** (2 TBSP for 4 servings). Taste and season generously with **salt** and **pepper**.



3 COOK FISH Meanwhile, pat **trout** dry with paper towels. Season all over with **salt** and **pepper**. Once risotto has cooked 15 minutes, heat a drizzle of **oil** in a second large, preferably nonstick, pan over medium heat. Add trout to pan skin sides down. Cook until skin is crispy, 5-6 minutes. Flip and cook until fish is opaque and cooked through, 4-6 minutes more. Turn off heat; transfer to a plate. Wipe out pan.



6 SERVE Divide **risotto** between bowls and top with **trout**. Spoon **burst tomatoes** over trout and garnish with remaining **basil leaves**. Serve with remaining **lemon wedges** on the side.

HERB YOUR ENTHUSIASM

Fresh basil adds a clean, bright flavor to your finished dish.

WK51NJ-11