



JUL
2016

Pan-Seared Rainbow Trout

with Arugula-Mint Pesto, Quinoa Salad, and Char-Broiled Sugar Snap Peas

Peppery arugula and refreshing mint replace basil in this non-traditional pesto. It's the perfect accompaniment to rich, flaky rainbow trout. You'll be shocked by how delicious sugar snap peas are after a flash under the broiler—it's a veggie revelation!

 Prep
30 min

 level 2

 gluten
free

 dairy
free

 make me
first



Rainbow Trout



Arugula



Sugar Snap
Peas



Garlic



Fresh Mint



White
Quinoa



Whole-Grain
Mustard



Almonds,
sliced

Ingredients

	2 People	4 People
Rainbow Trout, skin on	1) 2	4
Arugula	1 pkg	2 pkg
Sugar Snap Peas, trimmed	1 pkg	2 pkg
Garlic	2 cloves	4 cloves
Fresh Mint	1 pkg	2 pkg
Quinoa	1 pkg	1 pkg
Whole-Grain Mustard	2) 2 tsp	4 tsp
Almonds, sliced	3) 1 pkg	2 pkg
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Fish/Poisson
- 2) Mustard/Moutarde
- 3) Tree Nuts/Noix

Tools

Small Pot, Strainer, 2 Medium Bowls, Large Pan, Baking Sheet, Measuring Cups, Measuring Spoons

Ruler

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Nutrition per person Calories: 621 cal | Carbs: 38 g | Fat: 30 g | Protein: 48 g | Fiber: 7 g | Sodium: 197 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

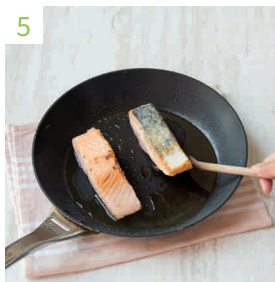
2



4



5



6



1 Cook the quinoa: Wash and dry all produce. Arrange an oven rack at the top of the oven. Preheat the broiler. In a small pot, bring **1 cup water** (double for 4 people) to a boil with a large pinch of **salt**. Once boiling, add the **quinoa**, cover, reduce to a simmer, and cook for 12-15 minutes until tender. Drain and rinse under cold water.

2 Meanwhile, finely chop the **mint leaves** and **half the arugula**. Mince or grate the **garlic**. (**TIP:** If you have a food processor, you can use it to make the pesto in step 3. No need to chop - pulse all the ingredients together!)

3 Make the pesto: In a medium bowl, combine the **mint**, **chopped arugula**, and a very large drizzle of **oil**. Stir in the **garlic**. Season with **salt** and **pepper**.

4 Make the quinoa salad: When the **quinoa** is ready, toss it in a medium bowl with the **almonds**, **remaining arugula leaves**, **mustard** (**DO:** measure out), and a drizzle of **oil**. Season with **salt** and **pepper**.

5 Sear the trout: Season the **trout** with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then **trout**, skin-side up. Cook until the underside of the fish is light golden, about 3 to 4 min. Flip fish over and continue cooking until a knife tip inserted in centre and held for 10 sec comes out warm, about 3 more minutes.

6 Broil the snap peas: Meanwhile, toss the **snap peas** on a baking sheet with a drizzle of **oil** and season with **salt** and **pepper**. Bake on the top rack of the oven under the broiler for 4-5 minutes, until slightly charred.

7 Plate: Toss the **snap peas** with **half the pesto** then serve the **remaining pesto** atop the **trout**. Serve the **quinoa salad** on the side and enjoy!

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