



Teriyaki-Glazed Trout & Steamed Brown Rice

with Green Beans & Toasted Sesame Seeds

Let this easy prep dinner come to your weeknight rescue. Freshly grated ginger and garlic give a big flavor boost to teriyaki sauce before generously spreading over lean steelhead trout filets. Crisp green beans broil alongside the trout filets while hearty brown rice cooks on the stove. Does it get any easier than that?



2 Servings

What we send

- 5 oz quick-cooking brown rice
- 1 oz fresh ginger
- garlic
- ½ lb green beans
- 2 oz teriyaki sauce ^{1,6}
- 10 oz steelhead trout filets ⁴
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- neutral oil

Tools

Allergens

Wheat (1), Fish (4), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 560kcal, Fat 12g, Carbs 72g, Protein 40g



1. Cook rice

Bring a small saucepan of **salted water** to a boil. Add **rice** and boil (like pasta), stirring occasionally, until just tender, about 22 minutes. Drain rice in a fine-mesh sieve. Keep covered until ready to serve.



2. Prep ingredients

Preheat broiler with a rack in the upper third.

Finely grate **1 teaspoon each of ginger and garlic**.

Trim **green beans**, then cut into 2-inch pieces.



3. Make sauce

In a small bowl, stir together **grated ginger and garlic** and **teriyaki sauce**.



4. Prep trout & green beans

Pat **trout** dry and rub all over with **oil**. Season lightly with **salt** and **pepper**. Transfer to one half of a rimmed baking sheet, skin-side down, and spoon **2 teaspoons of the teriyaki sauce** over the trout.

Add **green beans** to the other half of the baking sheet and toss with **2 teaspoons oil** and a **pinch each of salt and pepper**.



5. Cook trout & green beans

Broil **trout** and **green beans** on the upper oven rack until trout is cooked through and slightly charred on top, and green beans are crisp-tender, about 5 minutes (watch closely as broilers vary).



6. Finish & serve

Fluff **rice** with a fork. Using a spatula, separate **salmon** from skin, if desired.

Serve **rice** topped with **trout** and **green beans**. Drizzle with **remaining teriyaki sauce**, and sprinkle with **toasted sesame seeds**. Enjoy!