



## Crispy Sweet Chili Trout

with Broccoli & Lime Rice



25min



2 Servings

We're letting you in on a few of our favorite culinary secrets to get this meal on the table in less than 30 minutes. Cornstarch helps the trout filets get extra crispy when fried, while a quick zap in the microwave renders broccoli to a tender finish. Lime zest delivers quick and fresh flavor to jasmine rice, and a generous drizzle of Thai sweet chili sauce rounds out this perfectly balanced plate.



## What we send

- 5 oz jasmine rice
- 1 lime
- ½ lb broccoli
- 10 oz pkg steelhead trout filets <sup>4</sup>
- 1½ oz cornstarch
- 3 oz Thai sweet chili sauce
- ¼ oz pkt toasted sesame seeds <sup>11</sup>

## What you need

- kosher salt & ground pepper
- neutral oil

## Tools

- small saucepan
- microplane or grater
- medium nonstick skillet
- microwave

## Cooking tip

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## Allergens

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

## Nutrition per serving

Calories 900kcal, Fat 33g, Carbs 116g, Protein 38g



### 1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**, bring to a boil over high heat. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



### 4. Cook broccoli

Meanwhile, transfer **broccoli** to a microwave safe bowl. Cover with a damp paper towel and heat until just tender, 2-3 minutes. Season with **salt** and **pepper**.



### 2. Prep ingredients

Zest **lime**, then cut remaining into wedges. Cut **broccoli** into 1-inch florets, if necessary.

Pat **fish** dry, then season with **salt** and **pepper**. Coat fish evenly in **cornstarch**, pressing lightly so that the cornstarch adheres to the outside of the fish.



### 5. Heat sauce

In a microwave safe bowl, combine **sweet chili sauce** and **1 tablespoon water**. Cover with a paper towel to prevent splattering, and warm in microwave until bubbling.



### 3. TROUT VARIATION

Heat **½-inch oil** in a medium nonstick skillet over medium-high (oil should register 350°F; a pinch of cornstarch should sizzle immediately). Add **trout** to skillet in an even layer. Cook until lightly golden and crisp, 3-6 minutes per side. Transfer to a paper towel-lined plate.



### 6. Serve

Fluff **rice** with a fork and stir in desired amount of **lime zest**. Transfer to plates alongside **broccoli**. Place **fish** on top and spoon **sweet chili sauce** over fish so that it is completely coated. Garnish with **sesame seeds** and serve with **lime wedges** for squeezing over. Enjoy!