



Scandinavian Crispy Trout Bowl

with Quinoa, Beets & Horseradish Cream



30-40min



2 Servings

Prepared horseradish is a flavorful condiment made from grated horseradish root, vinegar, and salt. When combined with sour cream, it makes a creamy and tangy sauce that pairs perfectly with crisp-skinned trout and earthy roasted beets. A sprinkle of fresh dill and thinly sliced radishes adds a layer of freshness to this Scandinavian-inspired dish.

What we send

- 1 red beet
- 3 oz white quinoa
- 1 cucumber
- 1 bag radishes
- 2 (1 oz) sour cream ¹
- 1 oz horseradish ²
- 10 oz pkg steelhead trout filets ³
- ¼ oz fresh dill

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar)

Tools

- rimmed baking sheet
- small saucepan
- medium nonstick skillet

Allergens

Milk (1), Soy (2), Fish (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 670kcal, Fat 32g, Carbs 55g, Protein 39g



1. Roast beets

Preheat oven to 450°F with a rack in the upper third. Scrub and quarter **beets**; cut into ¼-inch thick slices. Place in the center of a piece of foil. Drizzle with **oil** and season with **salt** and **pepper**. Fold up sides to enclose, then place on a rimmed baking sheet. Roast on upper oven rack until beets are tender, 20-25 minutes. Remove from oven and carefully open (steam will be hot).



2. Cook quinoa

Meanwhile, place **quinoa** in a small saucepan along with ¾ cup water and a **pinch of salt**. Bring to a boil over high heat. Reduce heat to low, cover, and cook until water is absorbed and quinoa is tender, about 15 minutes. Set aside, covered, until step 6.



3. Marinate vegetables

Peel **cucumber**; halve lengthwise, scoop out the seeds, then thinly slice crosswise. Trim **radishes**, then thinly slice. In a medium bowl, whisk to combine **1 tablespoon vinegar** and **2 tablespoons oil**. Add vegetables to the bowl, and toss to combine. Season to taste with **salt** and **pepper**. Set aside to marinate until step 6.



4. Make sauce & prep trout

In a small bowl, stir to combine **all of the sour cream** and **horseradish**; season to taste with **salt** and **pepper**.

Pat **trout** dry; season on both sides with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering.



5. Cook trout

Reduce heat to medium, then add **trout fillets** to the skillet, skin side down. Press each fillet firmly in place for 10 seconds with the back of a spatula. Continue to cook, occasionally pressing gently on fillets, until skin is well browned and very crisp and trout is almost cooked through, 5-7 minutes. Flip trout; cook until it is just medium, 1-2 minutes more.



6. Finish & serve

Coarsely chop **dill fronds and stems** together. Stir half of the dill into bowl with **marinated vegetables**. Spoon **quinoa** into bowls, and top with **trout**, **marinated veggies**, **roasted beets**, and a **dollop of the horseradish cream**; drizzle **beets** with any remaining marinade from vegetables. Garnish with **remaining dill**. Enjoy!