



Easy Prep! Trout Provençal

with Tomatoes & Zucchini



20-30min



2 Servings

The clean, classic flavors of Provençal-style dishes are timeless. In this example, trout is roasted alongside zucchini, grape tomatoes, red onion, and briny Kalamata olives. We serve the tasty trout pan-roast with a squeeze of lemon and a few tarragon leaves for a bright, fresh finish.

What we send

- 1 red onion
- 1 zucchini
- 1 lemon
- 12 oz grape tomatoes
- garlic
- 10 oz pkg steelhead trout filets ⁴
- 1 oz Kalamata olives
- ¼ oz fresh tarragon

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 400kcal, Fat 14g, Carbs 32g, Protein 35g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Halve and cut **all of the onion** into ½-inch thick wedges through the root end. Trim ends from **zucchini**, then halve lengthwise and cut into ½-inch thick half-moons. Finely grate **¼ teaspoon lemon zest** into a small bowl, then cut lemon into quarters.



4. Roast trout

Transfer **remaining chopped garlic** to baking sheet, then stir with **vegetables** to combine. Transfer **trout**, skin-side down, to the baking sheet, then spread **lemon-garlic oil** over top. Roast on upper oven rack until trout is cooked through and opaque, about 8 minutes.



2. Roast vegetables

Transfer **onions, zucchini, grape tomatoes**, and **2 of the lemon quarters** to a rimmed baking sheet (save remaining lemon for your own use); toss with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on upper oven rack until vegetables just tender, 10-12 minutes.



5. Prep tarragon & olives

Meanwhile, coarsely chop **olives**, removing any pits, if necessary. Pick and coarsely chop **tarragon leaves**, discarding stems.



3. Prep trout

Finely chop **1 teaspoon garlic**. Pat **trout** dry; season with **salt** and **pepper**. Into the small bowl with **lemon zest**, add half of the chopped garlic and **1 teaspoon oil**, and stir to combine. Season with **a pinch each of salt and pepper**.



6. Finish & serve

Transfer **olives** and **tarragon** to the baking sheet, stirring to combine with the vegetables. Using tongs, squeeze the **roasted lemon wedges** over the vegetables; season to taste with **salt** and **pepper**. Drizzle **trout and vegetables** with a little **olive oil**, and serve. Enjoy!