

MARLEY SPOON



Fast! Sumac Rubbed Trout

with Chickpea-Couscous Salad



ca. 20min



2 Servings

Sumac is a bright red, dried berry, often used in Middle Eastern cooking. It has a bright, lemon-like flavor, and it's the perfect vibrant coating for tender trout fillets. We pair the fish with a quick-to-make chickpea-couscous, cooling Greek yogurt, and crunchy cucumbers. But the best part about this balanced plate? It's ready in 20 minutes!

What we send

- 15 oz can chickpeas
- ¼ oz turmeric
- ½ oz dried currants
- 3 oz couscous ¹
- 1 cucumber
- 10 oz pkg steelhead trout filets ⁴
- ¼ oz sumac
- 1 lemon
- ¼ oz fresh mint
- 4 oz Greek yogurt ⁷

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- small saucepan
- medium ovenproof skillet
- microplane or grater

Allergens

Wheat (1), Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 550kcal, Fat 14g, Carbs 79g, Protein 52g



1. Sauté aromatics

Drain **chickpeas**, then rinse well. Heat **2 teaspoons oil** and **½ teaspoon turmeric** in a small saucepan over medium. Cook, stirring, until fragrant, about 30 seconds.



2. Cook couscous

Add **dried currants, chickpeas, ¾ cup water**, and **½ teaspoon salt** to saucepan; bring to a boil. Stir **couscous** into boiling water. Cover and remove from heat. Set aside, covered, until ready to serve (at least 5 minutes).



3. Season cucumbers

Trim ends from **cucumber**, then peel half (save rest for own use). Halve lengthwise, scoop out seeds, and thinly slice. Transfer to a small bowl, then drizzle with **oil** and season to taste with **salt** and **pepper**.



4. Season trout

Preheat broiler with a rack in the center. Line a medium ovenproof skillet with foil. In a small bowl, combine **1 teaspoon oil, ¼ teaspoon sumac** and **a pinch of sugar**. Pat **trout** dry and season all over with **salt** and **pepper**. Transfer trout, skin sided down, to prepared skillet, then rub **seasoned oil** on top of each fillet.



5. Broil trout

Broil **trout** on center oven rack until trout is medium, about 7 minutes (watch closely as broilers vary). Meanwhile, finely grate **a little lemon zest** into **couscous** (to taste). Fluff with a fork to combine and cover to keep warm until ready to serve. Cut **lemon** into wedges.



6. Finish & serve

Pick **mint leaves** from stems; discard stems. Toss mint with **sliced cucumber**. Spread **some of the yogurt** on each plate. Top with **couscous, trout**, and **cucumbers**. Squeeze **lemon wedges** on top and sprinkle **a pinch of the remaining sumac** over. Enjoy!