



Sweet & Sticky Glazed Trout

with Sesame Broccoli & Pickled Radishes

 20-30min  2 Servings

Furikake is a Japanese seasoning that combines dried seaweed, sesame seeds, sugar, and salt. We add this blend to sushi rice, giving it a deep umami flavor, and serve it alongside teriyaki-glazed steelhead trout fillets. Roasted broccoli tossed in toasted sesame oil and crunchy quick-pickled radishes are the perfect accompaniments, adding delightful layers of texture.

What we send

- 5 oz sushi rice
- 1 radish
- ½ lb broccoli
- 10 oz pkg steelhead trout filets ¹
- ½ oz toasted sesame oil ³
- 2 oz teriyaki sauce ^{2,4}
- ¼ oz furikake ³

What you need

- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- sugar
- neutral oil

Tools

- small saucepan
- rimmed baking sheet
- medium nonstick skillet

Allergens

Fish (1), Wheat (2), Sesame (3), Soy (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 690kcal, Fat 24g, Carbs 79g, Protein 40g



1. Cook rice

Preheat oven to 450°F with a rack in the upper third. In a small saucepan, combine **rice**, **1 cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to low, and cook until rice is tender and water is absorbed, about 15 minutes. Keep covered until ready to serve.



2. Pickle radishes

Trim ends from **radishes**, then cut into thin matchsticks. In a medium bowl, whisk to combine **1 tablespoon vinegar**, **1 teaspoon sugar**, and **a pinch of salt**. Add radishes and stir to combine. Set aside to pickle at room temperature, stirring occasionally, until ready to serve.



3. Roast broccoli

Cut **broccoli** into ½-inch florets, if necessary. On a rimmed baking sheet, toss broccoli with **1 tablespoon neutral oil** and **a pinch each of salt and pepper**. Roast on upper oven rack until lightly browned and tender, 10-12 minutes. Remove from oven and carefully toss with **2 teaspoons sesame oil**.



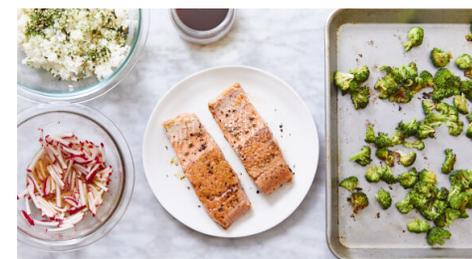
4. Prep trout

While **broccoli** roasts, pat **trout** dry. Season all over with **salt** and **pepper**. Heat **1 tablespoon neutral oil** in a medium nonstick skillet over medium-high until shimmering. Reduce heat to medium; add trout fillets, skin side down. Press each fillet firmly in place for 10 seconds with the back of a spatula.



5. Cook trout

Continue to cook, occasionally pressing gently on fillets, until skin is well browned and very crisp and **trout** is almost cooked through, about 3 minutes. Flip trout and cook until it is just medium, about 2 minutes more (or longer for desired doneness). Transfer to plates. Pour off any **oil** from skillet.



6. Make glaze & serve

Add **teriyaki sauce** and **2 tablespoons water** to same skillet. Bring to a simmer and cook until slightly thickened, 2-3 minutes. Stir **furikake** into **rice**. Serve **trout** with **glaze** spooned over top and with **rice**, **pickled radishes**, and **broccoli** alongside. Enjoy!