



Brown Butter Trout Piccata with Spring Veg!

featuring Roasted Potatoes, Artichokes & Peas



1h



2 Servings

When it comes to piccata, chicken can't have all the fun. The luxurious sauce of briny capers, lemon, butter, and parsley is just as delicious with a delicate trout filet. We serve this classic dish with roasted potatoes, artichokes, and plump peas tossed with herbs de Provence for a bright and bountiful plate. (2-p serves 4; 4-p serves 8)

What we send

- garlic
- ¼ oz fresh parsley
- 1 lemon
- 24 oz Yukon gold potatoes
- 14 oz can artichokes
- 2 (10 oz) pkgs steelhead trout filets ¹
- 5 oz peas
- ¼ oz herbs de Provence
- 1 oz capers

What you need

- kosher salt & ground pepper
- 8 Tbsp (1 stick) butter ²
- olive oil

Tools

- rimmed baking sheet
- large nonstick skillet

Allergens

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

Nutrition per serving

Calories 600kcal, Fat 30g, Carbs 49g, Protein 36g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Finely chop **2 teaspoons garlic**. Remove **parsley leaves** from stems, discarding stems. Very thinly slice **half of the lemon**; cut remaining into wedges. Cut **potatoes** into ¾-inch wedges. Drain **artichokes** and pat dry.

Pat **fish** dry and season flesh side with **salt** and **pepper**. Cut **8 tablespoons butter** into ½-inch pieces.



4. Sear fish

Meanwhile, heat **1 tablespoon oil** over high heat in a large nonstick pan until shimmering. Working in batches if necessary, add **fish**, skin side down, pressing firmly to cook for 3 minutes (pressing down constantly) until seared and crisp. Flip and cook until cooked through, 1–2 minutes more. Transfer to a plate. Add more oil in between batches if pan is dry.



2. Roast potatoes

On a rimmed baking sheet, toss **potatoes** with **a drizzle of oil** and season with **salt** and **pepper**. Roast on center rack until browned on the bottom, 15–20 minutes.



3. Finish veggies

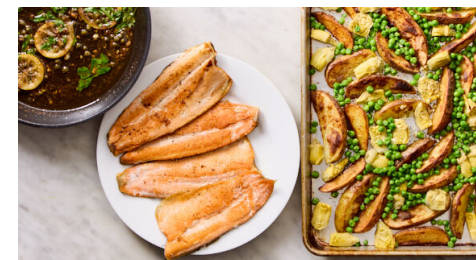
Add **artichokes** to baking sheet with **potatoes** and spread in an even layer. Roast until potatoes are cooked through and artichokes are just starting to brown, about 15 minutes more.

Toss **potatoes and artichokes** with **peas**, **half of the garlic**, and **1 teaspoon herbs de Provence**. Return to oven until peas are warmed through and garlic is fragrant, about 2 minutes more.



5. Make sauce

Reduce skillet heat to medium and add **butter**. Cook, stirring almost constantly, until butter is browned and golden in color, 1–2 minutes. Add **lemon slices** and cook, stirring, until lemon releases juices and a sauce forms, about 2 minutes. Add **capers** and **remaining garlic**, cook for 1 minute more. Remove from heat and stir in **parsley**.



6. Serve

Season **veggies** to taste with **salt** and **pepper**. Transfer to a plate and top with **trout**. Spoon **brown butter piccata sauce** over the top. Serve **lemon wedges** on the side. Enjoy!