



Curry-Spiced Trout

with Rice Pilaf & Cucumber Raita



20-30min



2 Servings

This striking yet simple meal is all about big flavors and balance. Warm curry spices season trout filets we pair with a creamy and refreshing cucumber raita. The cool sour cream tempers the complex spices of the flaky fish and we serve it over a yellow turmeric-ginger pilaf with green peas for a dish that's as colorful as it is flavorful.

What we send

- 1 oz fresh ginger
- ¼ oz turmeric
- 5 oz jasmine rice
- 2½ oz peas
- 1 cucumber
- 2 (1 oz) sour cream ⁷
- ¼ oz curry powder
- 10 oz pkg steelhead trout filets ⁴

What you need

- neutral oil
- kosher salt & ground pepper
- garlic

Tools

- small saucepan
- medium nonstick skillet

Cooking tip

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Allergens

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

Nutrition per serving

Calories 650kcal, Fat 20g, Carbs 77g, Protein 37g



1. Prep ginger

Peel and finely chop **1 tablespoon ginger**.



2. Cook rice

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **chopped ginger** and **¼ teaspoon turmeric**; cook until fragrant, 30 seconds. Add **rice** and stir to coat. Add **1¼ cups water** and **½ teaspoon salt**; bring to a boil. Cover and cook over low, 15 minutes. Add **peas**; cook until rice is tender and water is absorbed, about 2 minutes. Keep covered until ready to serve.



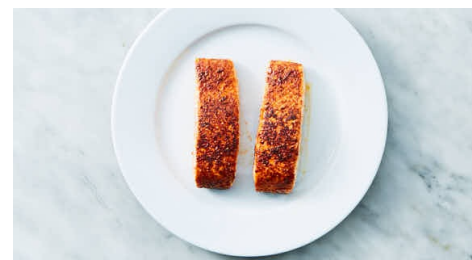
3. Make raita

Finely chop **½ teaspoon garlic**. Trim and peel **cucumber**, then halve lengthwise, scoop out seeds, and thinly slice into half-moons. Transfer to a plate; sprinkle with **salt**. Let stand for 5 minutes; pat dry with paper towels. In a small bowl, whisk together **chopped garlic**, **all of the sour cream**, and **2 teaspoons water**. Stir in cucumbers. Season to taste with **salt** and **pepper**.



4. Season trout

Pat **fish** dry. Season all over with **salt and pepper** and **1 teaspoon curry powder**.



5. Cook trout

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Reduce heat to medium; add **fish**, skin side down, and cook until skin is lightly browned and crisp, about 3 minutes. Flip fish and continue to cook until just cooked through, about 3 minutes more.



6. Finish & serve

Fluff **rice** with a fork. Serve **trout** with **rice** and **raita** alongside. Enjoy!