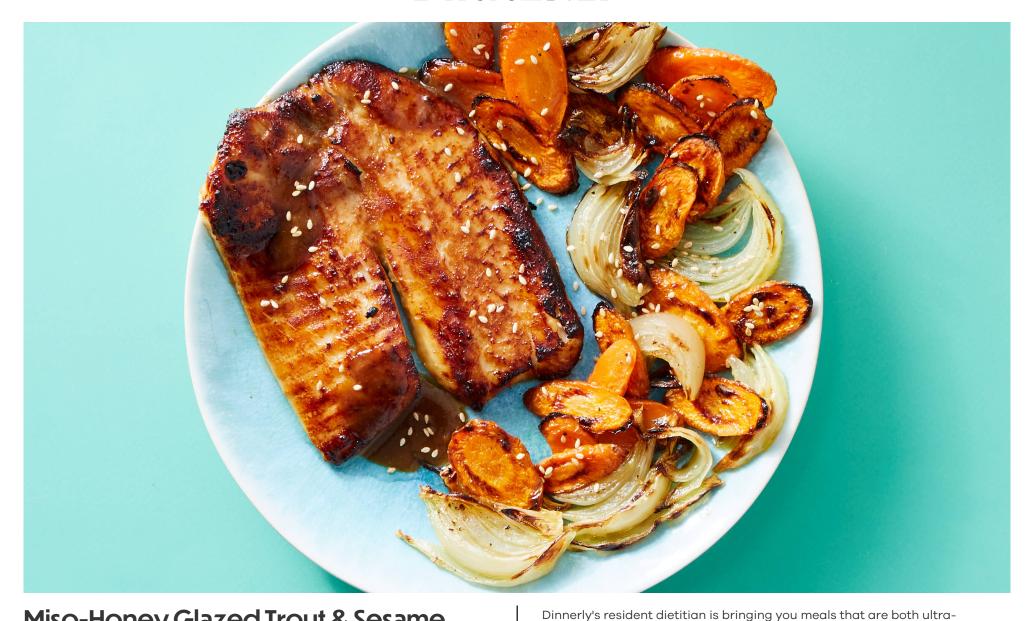
# **DINNERLY**



# Miso-Honey Glazed Trout & Sesame Carrots

Developed by Our Registered Dietitian



20-30min 2 Servings



satisfying and super nourishing. This dish is what we professionals like to call a double whammy: light on carbs and heavy on flavor. The miso-honey glaze is a savory-sweet combo perfect for flaky fish. Pair it with roasted carrots and onions with a sprinkle of sesame seeds for a feel-good meal that comes together in no time. We've got you covered!

# **WHAT WE SEND**

- 1lb carrots
- 1 yellow onion
- 0.63 oz miso paste 6
- ½ oz tamari soy sauce 6
- ½ oz honey
- 10 oz pkg steelhead trout filets <sup>4</sup>
- ¼ oz pkt toasted sesame seeds <sup>11</sup>

#### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

#### **TOOLS**

· rimmed baking sheet

#### **ALLERGENS**

Fish (4), Soy (6), Sesame (11). May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

#### **NUTRITION PER SERVING**

Calories 420kcal, Fat 16g, Carbs 36g, Protein 35g



# 1. Broil carrots & onions

Preheat broiler with a rack in the upper third.

Scrub half of the carrots (save rest for own use); cut crosswise on an angle into ¼-inch slices. Halve onion crosswise; cut through the root end into ½-slices. Toss veggies on a rimmed baking sheet with 1½ tablespoons oil; season with salt and pepper. Broil on upper oven rack until softened and browned around edges, 6–8 minutes.



What were you expecting, more steps?



# 2. TROUT VARIATION

Meanwhile, in a small bowl, stir together miso, tamari, and honey.

Pat **trout** dry; season all over with **salt** and **pepper**.

Remove **veggies** from oven; place trout over top. Pour **half of the miso glaze** over trout. Return baking sheet to oven and broil, flipping trout halfway, until trout is medium about 8 minutes total (watch closely as broilers vary).



3. Serve

Serve miso-glazed trout with carrots and onions alongside. Drizzle remaining glaze over trout and sprinkle veggies with toasted sesame seeds. Enjoy!



You're not gonna find them here!



Kick back, relax, and enjoy your Dinnerly!