



Garlic-Dill Trout

with Quinoa Tabbouleh & Spinach



20-30min



2 Servings

Tabbouleh is a chopped vegetable and grain salad, traditionally made with bulgur wheat. We've switched it up and swapped it out for protein-packed (and gluten-free!) quinoa. Our version includes crunchy cucumbers and juicy plum tomatoes tossed in a tangy vinaigrette. It's exactly the side you want for pan-seared trout, topped with fresh dill.

What we send

- garlic
- 3 oz white quinoa
- 1 plum tomato
- 1 cucumber
- ¼ oz fresh dill
- 10 oz pkg steelhead trout filets ¹
- 2 oz feta ²
- 5 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

Tools

- small saucepan
- medium 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 770kcal, Fat 47g, Carbs 45g, Protein 42g



1. Cook quinoa

Finely chop **1 teaspoon garlic**.

Heat **1 tablespoon oil** in a small saucepan over medium. Add **½ teaspoon of the chopped garlic**; cook, stirring, until fragrant, about 1 minute. Add **quinoa, ¾ cup water**, and **¼ teaspoon salt**. Bring to a boil. Cover and cook over low heat until quinoa is tender and water is absorbed, about 15 minutes. Let stand off heat, 5 minutes.



2. Prep ingredients

Core **tomato**, then cut into ½-inch pieces. Trim **cucumber** (peel if desired), then cut into ½-inch pieces. Pick and coarsely chop **dill fronds**, discarding stems.

In a small bowl, stir to combine **remaining chopped garlic, half of the chopped dill**, and **2 teaspoons oil**. Season to taste with **salt and pepper**.



3. Assemble tabbouleh

In a medium bowl, stir to combine **1 tablespoon vinegar** and **2 tablespoons oil**; season with **salt and pepper**. Stir in **cucumbers, tomatoes**, and **cooked quinoa**. Season to taste with **salt and pepper**.



4. Season trout

Pat **trout** dry, then season all over with **salt**. Season flesh side only with **a few grinds of pepper**.



5. Cook trout

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Reduce heat to medium; add **trout**, skin side-down. Using a spatula, press firmly on each filet, 10 seconds. Continue to cook, pressing gently, until skin is browned and very crisp, 4–5 minutes. Flip trout; cook until cooked through, 1–2 minutes more. Transfer to plates.



6. Finish & serve

Crumble **feta** into a second medium bowl. Add **spinach, remaining dill, 1 teaspoon vinegar**, and **2 teaspoons oil**; toss to combine. Season to taste with **salt and pepper**.

Spoon **garlic-dill oil** over **trout**. Serve with **quinoa tabbouleh** and **spinach-feta salad**. Enjoy!