

MARLEY SPOON



Lemon-Brown Butter Trout

with Capers & Cauliflower Rice

 20-30min  2 Servings

Pan sauce is the perfect way to up the wow factor of a dish. Here, we add a squeeze of lemon juice and briny capers to brown butter—it cuts the richness and makes it the perfect sauce to coat trout fillets. The fish is served alongside cauliflower rice and roasted Brussels sprouts, two super tasty low-carb (and keto-friendly!) sides.

What we send

- 12 oz cauliflower rice
- ½ lb Brussels sprouts
- garlic
- 1 lemon
- 10 oz pkg steelhead trout filets ⁴
- ¼ oz berbere spice blend
- 1 oz capers ¹⁷

What you need

- kosher salt & ground pepper
- olive oil
- 4 Tbsp butter ⁷

Tools

- grater or microplane
- large nonstick, ovenproof skillet
- medium skillet

Allergens

Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 670kcal, Fat 49g, Carbs 26g, Protein 38g



1. Prep cauliflower rice

Preheat oven to 450°F with a rack in the upper third. Transfer **cauliflower rice** to a medium bowl; pat dry.



4. Roast veggies & trout

Flip **trout**, then transfer skillet to upper oven rack. Roast trout and **Brussels sprouts** until Brussels sprouts are tender and well browned, and trout is cooked through, 5-7 minutes.



2. Prep ingredients

Remove any outer leaves from **Brussels sprouts**, then halve or quarter, if large. Thinly slice **2 large garlic cloves**. Finely grate **all of the lemon zest** and squeeze **1 tablespoon lemon juice** into a small bowl. Cut any remaining lemon into wedges. Pat **trout** dry and season flesh side with **salt, pepper**, and **2 teaspoons berbere spice blend**.



5. Cook cauliflower rice

Meanwhile, heat **1 tablespoon oil** in a medium skillet over high heat. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season to taste with **salt and pepper**. Transfer to a bowl and cover to keep warm. Wipe out skillet.



3. Sear veggies & trout

Heat **1 tablespoon oil** in a large nonstick, ovenproof skillet over medium-high. Add **Brussels sprouts** and **a pinch each of salt and pepper**. Cook, stirring, until Brussels sprouts are lightly browned, 3 minutes. Push Brussels sprouts to one side of skillet. Add **1 tablespoon oil** and **trout**, skin side up, to other side. Cook trout until golden-brown on one side, 3 minutes.



6. Make sauce & serve

Melt **4 tablespoons butter** in same skillet. Add **sliced garlic** and **capers**; cook, stirring, until **butter** is lightly browned, about 1 minute. Off heat, stir in **lemon zest and juice**, and **1 tablespoon water**. Season to taste with **salt and pepper**. Serve **trout** and **Brussels sprouts** over **cauliflower rice** with **lemon brown butter** spooned over top. Enjoy!