

# MARLEY SPOON



## Scandinavian Crispy Trout Bowl

with Quinoa, Beets & Horseradish Cream



30-40min



2 Servings

Prepared horseradish is a flavorful condiment made from grated horseradish root, vinegar, and salt. When combined with sour cream, it makes a creamy and tangy sauce that pairs perfectly with crisp-skinned trout and earthy roasted beets. A sprinkle of fresh dill and thinly sliced radishes adds a layer of freshness to this Scandinavian-inspired dish.



## What we send

- 1 red beet
- 3 oz white quinoa
- 1 cucumber
- 1 bag radishes
- 2 (1 oz) sour cream <sup>2</sup>
- 1 oz horseradish <sup>3</sup>
- 10 oz pkg steelhead trout filets <sup>1</sup>
- ¼ oz fresh dill

## What you need

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

## Tools

- rimmed baking sheet
- small saucepan
- medium nonstick skillet

## Allergens

Fish (1), Milk (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 670kcal, Fat 32g, Carbs 55g, Protein 39g



### 1. Roast beets

Preheat oven to 450°F with a rack in the upper third. Scrub and quarter **beets**; cut into ¼-inch thick slices. Place in the center of a piece of foil. Drizzle with **oil** and season with **salt** and **pepper**. Fold up sides to enclose, then place on a rimmed baking sheet. Roast on upper oven rack until beets are tender, 20-25 minutes. Remove from oven and carefully open (steam will be hot).



### 2. Cook quinoa

Meanwhile, place **quinoa** in a small saucepan along with **¾ cup water** and a **pinch of salt**. Bring to a boil over high heat. Reduce heat to low, cover, and cook until water is absorbed and quinoa is tender, about 15 minutes. Set aside, covered, until step 6.



### 3. Marinate vegetables

Peel **cucumber**; halve lengthwise, scoop out the seeds, then thinly slice crosswise. Trim **radishes**, then thinly slice. In a medium bowl, whisk to combine **1 tablespoon vinegar** and **2 tablespoons oil**. Add vegetables to the bowl, and toss to combine. Season to taste with **salt** and **pepper**. Set aside to marinate until step 6.



### 4. Make sauce & prep trout

In a small bowl, stir to combine **all of the sour cream** and **horseradish**; season to taste with **salt** and **pepper**.

Pat **trout** dry; season on both sides with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering.



### 5. Cook trout

Reduce heat to medium, then add **trout fillets** to the skillet, skin side down. Press each fillet firmly in place for 10 seconds with the back of a spatula. Continue to cook, occasionally pressing gently on fillets, until skin is well browned and very crisp and trout is almost cooked through, 5-7 minutes. Flip trout; cook until it is just medium, 1-2 minutes more.



### 6. Finish & serve

Coarsely chop **dill fronds and stems** together. Stir half of the dill into bowl with **marinated vegetables**. Spoon **quinoa** into bowls, and top with **trout**, **marinated veggies**, **roasted beets**, and a **dollop of the horseradish cream**; drizzle **beets** with any remaining marinade from vegetables. Garnish with **remaining dill**. Enjoy!