

CRISPY
BLACKENED
STEELHEAD
TROUT WITH
CILANTRO
CREAM SAUCE

A SIMPLE,
MOUTHWATERING MEAL
IN 25 MINUTES



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Ingredients

FOR THE CILANTRO CREAM SAUCE

- 3 tablespoons unsalted butter
- 2 shallots, diced
- 1 medium Serrano pepper, seeds removed
- 2 cloves garlic, minced
- 1/4 cup halved walnuts
- 1/2 cup dry white wine
- 1 packed cup cilantro leaves
- 1 cup heavy cream
- 1 tablespoon freshly squeezed lime juice
- 1/4 teaspoon ground coriander
- Kosher salt, as needed

FOR THE CRISPY BLACKENED STEELHEAD

- 4 steelhead trout fillets
- Kosher salt, as needed
- Freshly ground black pepper, as needed
- 1/4 teaspoon chili powder
- 1/4 teaspoon paprika
- 1/4 teaspoon cayenne
- 4 tablespoons extra-virgin olive oil

FOR SERVING

- 1 can black beans, rinsed, drained and heated
- 3 cups cooked white rice
- 1 cup halved cherry tomatoes
- 1 tablespoon chopped cilantro

Instructions

FOR THE CILANTRO CREAM SAUCE

1. Heat a medium saucepan over medium heat, add the butter and allow to melt. Add the shallots and Serrano pepper sautee until tender, about 5 minutes. Add the garlic and cook until fragrant, about an additional 30 seconds.
2. Add walnuts and white wine, cooking until the wine has reduced by half, about 5 minutes. Stir in the cilantro, heavy cream, lime juice, coriander and simmer for an additional 15 minutes. Use a blender and pulse until the sauce is combined. Season to taste with salt.

FOR THE CRISPY BLACKENED STEELHEAD

Season fillets with salt, pepper, chili powder, paprika and cayenne. Heat a large oven-proof skillet over medium heat, add the olive oil and heat through. Place the steelhead fillets, skin-side up in the pan and cook until golden brown, about 5 minutes. Flip over and continue to cook another 5 minutes or until the internal temperature of the trout reaches 145 °F.

FOR SERVING

1. In a small saucepan heat the beans over medium-low heat.
2. Divide rice and beans among serving bowls and top with tomato and fish. Spoon the sauce over the top and serve.

PREP TIME

5 Minutes

COOK TIME

20 Minutes

SERVES

4 People

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