



Servings 2

Prep Time 10 min

Cooking Time 30 min

Steelhead Trout with Warm Kale and Roasted Rutabaga Salad



Ingredients

- 2 boneless steelhead trout fillets
- Kosher salt, to taste
- Freshly cracked black pepper, to taste
- 1 rutabaga, peeled and cubed
- 1 pound of chopped kale
- Sliced radish for garnish
- Chopped chives for garnish
- Olive oil

Mustard and Shallot Vinaigrette

- 1 small shallot, roughly chopped
- ¼ cup white wine vinegar
- ½ cup of extra virgin olive oil
- ¼ teaspoon of sugar
- 2 teaspoons of whole mustard

Directions

Step 1

Preheat oven to 400 degrees Fahrenheit. Toss rutabaga with olive oil to lightly coat, salt and pepper to taste, and bake on a rimmed cookie sheet for about 40 minutes, or until tender.

Step 2

Meanwhile, make the mustard and shallot vinaigrette: combine the shallot, vinegar, extra virgin olive oil, sugar, whole mustard, salt and pepper in a food processor and blend to emulsify. Set aside.

Step 3

Coat the bottom of a large pan with olive oil, and heat to medium. Sauté chopped kale – in batches if necessary—until wilted but still crispy and bright green. Add more oil as necessary.

Step 4

Take off heat and add the roasted rutabaga to the kale. Toss with mustard and shallot vinaigrette to taste, along with salt and pepper. Save the remaining vinaigrette to drizzle over fish.

Step 5

When you're ready to serve the fish, coat a non-stick pan with olive oil and heat to medium heat. Halve each fillet to make four portions. Pat the fillets dry with paper towels and season to taste with salt and pepper. When olive oil begins to shimmer, cook the steelhead trout flesh-side down first until golden—about 3-5 minutes. Then carefully flip the fish over and cook skin-side down for an additional 2 minutes, or until the fish is cooked through and flaky.

Serve the fish immediately with the kale and roasted rutabaga salad. Drizzle extra vinaigrette over the fish and garnish with sliced radish and chives.

