



Trout with Sweet Corn Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black divided freshly ground
- 1 tablespoon butter
- 1.3 cups corn kernels fresh (from 2 or 3 ears)
- 0.5 tsp kosher salt divided
- 0.5 cup chicken broth reduced-sodium
- 2 tablespoons olive oil
- 1 tablespoon tarragon fresh whole coarsely chopped
- 12 oz trout whole with backbone, pin bones, and head removed

- 1 tablespoon whipping cream

Equipment

- bowl
- frying pan
- sauce pan
- sieve
- blender
- microwave
- kitchen scissors

Directions

- In a medium nonstick frying pan over medium-high heat, cook corn in butter, stirring often, until corn begins to turn brown, 2 to 3 minutes. Spoon 2/3 cup into a small saucepan. Set aside frying pan with remaining corn.
- Add broth to saucepan and bring to a boil over high heat. Lower heat and simmer, covered, until corn is tender, about 10 minutes. Pure mixture in a blender, then rub through a fine strainer into a microwave-safe bowl, discarding hulls. Stir in cream. Season with 1/4 tsp. salt and 1/8 tsp. pepper; set aside.
- Open up trout and season on both sides with remaining 1/4 tsp. salt and 1/8 tsp. pepper.
- Heat the oil in a large nonstick frying pan over medium-high heat. Protecting hands, carefully add fish skin side down (it will spatter) and cook, occasionally basting flesh with oil, until skin is well browned and crisp, 3 to 4 minutes. Reduce heat to low and continue cooking and basting until flesh is no longer pink, 3 to 5 more minutes.
- Rewarm corn kernels in frying pan over medium-high heat and stir in chopped tarragon. Microwave corn sauce to rewarm.
- Cut trout in half with scissors.
- Spoon sauce onto 2 plates and arrange a trout half on each, discarding oil in pan. Mound corn on fish and scatter with tarragon leaves. Season with more salt to taste.

Nutrition Facts



■ PROTEIN **28.94%** ■ FAT **56.94%** ■ CARBS **14.12%**

Properties

Glycemic Index:76, Glycemic Load:1.08, Inflammation Score:-7, Nutrition Score:31.850000008293%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 549.52kcal (27.48%), Fat: 35.47g (54.56%), Saturated Fat: 9.68g (60.49%), Carbohydrates: 19.79g (6.6%), Net Carbohydrates: 17.65g (6.42%), Sugar: 5.97g (6.64%), Cholesterol: 122.18mg (40.73%), Sodium: 750.65mg (32.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.57g (81.14%), Vitamin B12: 13.33µg (222.22%), Manganese: 1.91mg (95.38%), Phosphorus: 532.47mg (53.25%), Vitamin B3: 10.39mg (51.95%), Vitamin B1: 0.75mg (49.78%), Vitamin D: 6.75µg (45.03%), Vitamin B2: 0.69mg (40.74%), Vitamin B5: 3.98mg (39.8%), Selenium: 22.44µg (32.06%), Potassium: 1027.57mg (29.36%), Vitamin B6: 0.52mg (25.91%), Iron: 4.39mg (24.41%), Copper: 0.43mg (21.36%), Magnesium: 84.8mg (21.2%), Vitamin E: 2.65mg (17.69%), Folate: 70.32µg (17.58%), Vitamin A: 699.97IU (14%), Calcium: 125.42mg (12.54%), Zinc: 1.76mg (11.76%), Vitamin C: 8.81mg (10.68%), Vitamin K: 10.01µg (9.53%), Fiber: 2.13g (8.54%)