



HONEY DIJON DILL TROUT

with Shingled Potatoes & Roasted Asparagus

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Steelhead Trout
Contains: Fish



1 | 1
Lemon



¼ oz | ¼ oz
Dill



1 | 2
Shallot



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2 tsp | 4 tsp
Honey



2 tsp | 4 tsp
Dijon Mustard



1 | 2
Chicken Stock Concentrate



12 oz | 24 oz
Potatoes*



6 oz | 12 oz
Asparagus



1 Clove | 2 Cloves
Garlic



ANY ISSUES WITH YOUR ORDER?
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THERE TOO. SCAN HERE TO GET HELP!



*The ingredient you received may be a different color.

HELLO

HONEY DIJON DILL SAUCE

A sprinkle of fresh dill adds bright, citrusy notes to an irresistible sauce featuring sweet honey and sophisticated Dijon.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 790



HELLO FRESH

HIT SHINGLE

To ensure your potatoes cook evenly (and fit on the baking sheet) in step 2, arrange the slices in a single layer, overlapping slightly. The results of this technique, called shingling, should resemble a rooftop.

BUST OUT

- Zester
- Paper towels
- Large bowl
- Large pan
- Baking sheet
- Kosher salt
- Black pepper
- Cooking oil (**8 tsp** | **14 tsp**)
- Olive oil (**1 tsp** | **1 tsp**)
- Butter (**1 TBSP** | **2 TBSP**)
Contains: Milk

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*Trout is fully cooked when internal temperature reaches 145°.



1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **potatoes** into ¼-inch-thick rounds. Peel and mince or grate **garlic**. Trim and discard woody bottom ends from **asparagus**. Halve, peel, and mince **shallot**. Pick and finely chop **fronds from dill**. Zest and quarter **lemon**.



4 COOK FISH

- While asparagus and potatoes roast, pat **trout*** dry with paper towels and season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium heat. Add trout to pan skin sides down. Cook until skin is crispy, 5-6 minutes.
- Flip trout; continue cooking until opaque and cooked through, 4-6 minutes more. Turn off heat; transfer to a plate and wipe out pan.



2 ROAST POTATOES

- In a large bowl, toss **potatoes** with **2 TBSP oil** (**4 TBSP for 4 servings**), **garlic**, and a **couple big pinches of salt and pepper** until thoroughly coated.
- Arrange potatoes on one side of a baking sheet in a single overlapping layer (**for 4, layer potatoes across entire sheet**). **TIP: Be sure to shingle the potatoes in a single layer so they cook evenly.**
- Roast on top rack for 15 minutes (**you'll add the asparagus then**).



5 MAKE SAUCE

- Heat a **drizzle of oil** in same pan over medium-high heat. Add **shallot**; cook, stirring, until slightly softened, 2-3 minutes.
- Stir in **mustard, stock concentrate, honey**, and **¼ cup water** (**½ cup water for 4 servings**). Simmer until slightly thickened, 2-3 minutes.
- Turn off heat. Stir in **sour cream, half the chopped dill, juice from one lemon wedge**, and **1 TBSP butter** until everything is incorporated. (**For 4, all the chopped dill, juice from two lemon wedges, and 2 TBSP butter.**) Season with **salt** and **pepper**.



3 ROAST ASPARAGUS

- Once potatoes have roasted 15 minutes, remove sheet from oven. Carefully add **asparagus** to empty side; toss with a **drizzle of olive oil, salt**, and **pepper**. (**For 4 servings, leave potatoes roasting; add asparagus to a second baking sheet and roast on middle rack.**)
- Return sheet to oven until asparagus is slightly softened and potatoes are browned and tender, 10-12 minutes more.



6 FINISH & SERVE

- Carefully toss **asparagus** with a **pinch of lemon zest** to taste.
- Divide **potatoes, asparagus, and trout** between plates. Spoon **half the sauce** over trout. Serve with remaining sauce and **remaining lemon wedges** on the side.