



PECAN-CRUSTED TROUT

with Apple-Studded Salad & Thyme-Roasted Potatoes

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



¼ oz | ¼ oz
Thyme



½ oz | 1 oz
Pecans
Contains: Tree Nuts



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



2 tsp | 4 tsp
Honey



2 tsp | 4 tsp
Dijon Mustard



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



10 oz | 20 oz
Steelhead Trout
Contains: Fish



1 | 1
Apple



1 | 1
Lemon



2 oz | 4 oz
Mixed Greens



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.

HELLO

HONEY MUSTARD SAUCE

This creamy sauce serves as a delicious binder for the crispy pecan crust.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 950



(CI)TRUST US

When making your salad, squeeze the lemon over the apple slices before tossing to add flavor and prevent them from browning.

BUST OUT

- 2 Baking sheets
- 2 Small bowls
- Medium bowl
- Paper towels
- Large bowl
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com



1 PREP

- Adjust racks to top and middle positions and preheat oven to 450 degrees. **Wash and dry produce.**
- Cut **potatoes** into ¼-inch-thick rounds. Strip **thyme leaves** from stems; roughly chop leaves until you have 2 tsp. Finely chop **pecans** or crush in their bag with a heavy-bottomed pan or rolling pin.



4 ROAST FISH

- Pat **trout*** dry with paper towels; season with **salt** and **pepper**. Drizzle skin sides with **oil**; rub to coat.
- Once potatoes have roasted 12 minutes, place trout, skin sides down, on a second baking sheet. Reserve **half the honey mustard sauce** in a second small bowl for serving; evenly spread tops with a **thin layer of remaining honey mustard sauce**. Mound tops with **pecan mixture**, pressing firmly to adhere.
- Transfer **potatoes** to middle rack and place trout on top rack. Roast until trout is cooked through, pecan crust is golden brown, and potatoes are golden brown, 10-12 minutes.



2 ROAST POTATOES

- Lightly **oil** a baking sheet. Toss **potatoes** on sheet with a **drizzle of oil**, **half the chopped thyme**, **salt**, and **pepper**.
- Roast on top rack for 12 minutes (**you'll start the trout then**).



5 MAKE SALAD

- Meanwhile, halve, core, and thinly slice **apple**. Quarter **lemon**.
- In a large bowl, combine **mixed greens**, apple, a **large drizzle of olive oil**, and as much **lemon juice** as you like. Season with **salt** and **pepper**.



3 MAKE CRUST & SAUCE

- While potatoes roast, place **2 TBSP butter** (3 TBSP for 4 servings) in a medium microwave-safe bowl. Microwave until melted, 30 seconds. Let cool slightly, then stir in **pecans**, **panko**, **remaining chopped thyme**, and a **pinch of salt and pepper**.
- In a small bowl, combine **honey**, **mustard**, and **mayonnaise**.



6 SERVE

- Divide **trout**, **potatoes**, and **salad** between plates. Drizzle trout with **reserved honey mustard sauce** and serve.

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