



PARMESAN-CRUSTED TROUT

with Scallion Mashed Sweet Potatoes & Green Beans Amandine

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4

Sweet Potatoes



2 | 4

Scallions



6 oz | 12 oz

Green Beans



2 TBSP | 4 TBSP

Mayonnaise
Contains: Eggs



2 tsp | 4 tsp

Dijon Mustard



1 tsp | 2 tsp

Garlic Powder



¼ Cup | ½ Cup

Panko
Breadcrumbs
Contains: Wheat



3 TBSP | 6 TBSP

Parmesan Cheese
Contains: Milk



10 oz | 20 oz

Steelhead Trout
Contains: Fish



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



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



HELLO

STEELHEAD TROUT

Get ready to reel in your favorite new fish!
These fillets resemble salmon in appearance,
flavor, and texture.



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



HELLO FRESH

SHOW (S)TOPPER

This garlicky, butter-toasted panko + Parm topping lends a light, savory crunch to this dish. Make it again to sprinkle on salads or roasted veg.

BUST OUT

- Peeler
- Large pan
- Medium pot
- Paper towels
- Strainer
- Baking sheet
- 2 Small bowls
- Potato masher

- Kosher salt
- Black pepper
- Sugar (**½ tsp | 1 tsp**)
- Cooking oil (**2 tsp | 2 tsp**)
- Butter (**3 TBSP | 6 TBSP**)
Contains: Milk



1 COOK SWEET POTATOES

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and dice **sweet potatoes** into ½-inch pieces; transfer to a medium pot with enough **salted water to cover by 2 inches.**
- Bring to a boil and cook until tender, 15-20 minutes. Reserve **½ cup sweet potato cooking liquid**, then drain and return sweet potatoes to pot. Keep covered off heat until ready to mash.



2 PREP & MAKE SAUCE

- While sweet potatoes cook, trim and finely chop **scallion greens** (save whites for another use). Trim **green beans** if necessary.
- In a small bowl, combine **mayonnaise**, **mustard**, **half the garlic powder** (you'll use the rest in the next step), and **½ tsp sugar** (1 tsp for 4 servings). Season with **salt and pepper**. Transfer **2 TBSP sauce** (4 TBSP for 4) to a separate small bowl; reserve for serving.



3 MAKE CRUST

- Melt **1 TBSP butter** (2 TBSP for 4 servings) in a large pan over medium-high heat. Add **panko** and toast, until golden and fragrant, 2-3 minutes.
- Turn off heat; transfer to a shallow dish and stir in **Parmesan**, **half the scallion greens**, **remaining garlic powder**, and a **pinch of salt and pepper**. Wipe out pan.



4 ROAST TROUT

- Pat **trout*** dry with paper towels; season with **salt** and **pepper**. Drizzle skin sides with **oil**; rub to coat.
- Place trout, skin sides down, on a baking sheet. (TIP: **Line with aluminum foil first for easy cleanup.**) Evenly spread tops with **1 tsp sauce** each; mound with **panko mixture**, pressing firmly to adhere.
- Roast on top rack until trout is cooked through and cheese melts, 10-12 minutes.



5 COOK GREEN BEANS

- Meanwhile, heat a **drizzle of oil** in pan used for panko over medium-high heat. Add **green beans**; season with **salt** and **pepper**. Cook, stirring occasionally, until browned and tender, 5-7 minutes.
- Remove from heat; stir in **almonds** and **1 TBSP butter** (2 TBSP for 4 servings). Continue to stir until butter is melted and almonds are golden, 30-60 seconds. (TIP: **Return pan to low heat if needed to melt butter.**) Cover to keep warm.



6 FINISH SAUCE & POTATOES

- While green beans cook, to bowl with **reserved sauce**, add **water** 1 tsp at a time until mixture reaches a drizzling consistency.
- To pot with **sweet potatoes**, add **sour cream**, **1 TBSP butter** (2 TBSP for 4 servings), and a **big pinch of salt**. Mash until smooth, adding **splashes of reserved sweet potato cooking liquid** as needed.
- Stir in **remaining scallion greens**; taste and season with **salt** and **pepper**.



7 SERVE

- Divide **trout**, **mashed sweet potatoes**, and **green beans** between plates. Top trout with **reserved sauce** and serve.

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