



MANDARIN ORANGE TROUT WITH ASPARAGUS

plus Golden Rice, Dill Crème Fraîche & Lemon

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Asparagus



¼ oz | ½ oz
Dill



1 | 2
Mandarin Orange



1 | 2
Lemon



2 Cloves | 4 Cloves
Garlic



1 tsp | 1 tsp
Turmeric



½ Cup | 1 Cup
White Rice



1 | 2
Veggie Stock
Concentrate



10 oz | 20 oz
Steelhead Trout
Contains: Fish



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk



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HELLO

MANDARIN ORANGE

This citrus fruit is sweeter than the common orange, with juice that's perfect for marinades, sauces, and dressings.



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 660



ZEST IS BEST

We like using a microplane for zesting, but if you don't have one, use a peeler to remove the surface layer, then mince it.

BUST OUT

- Zester
- Baking sheet
- Small pot
- Small bowl
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (1 tsp | 1 tsp)

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1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Peel and mince or grate **garlic**. Zest and thinly slice **orange** and **lemon** (reserve citrus "ends" for squeezing in Steps 3 and 5). Pick and roughly chop **fronds from dill**. Trim and discard woody bottom ends from **asparagus**.



4 ROAST TROUT & ASPARAGUS

- Place **asparagus** on opposite side of sheet from **trout**; toss with a **drizzle of oil, salt, and pepper**. (For 4 servings, spread out across a second baking sheet.)
- Roast trout and asparagus on top rack until trout is opaque and cooked through and asparagus is tender and lightly browned, 10-12 minutes. (For 4, roast trout on top rack and asparagus on middle rack.)



2 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **garlic** and **half the turmeric** (all for 4 servings); cook, stirring occasionally, until fragrant, 30 to 60 seconds.
- Stir in **rice, stock concentrate, ¾ cup water** (1½ cups for 4), and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook, covered, until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



5 MAKE DILL CRÈME FRAÎCHE

- In a small bowl, combine **crème fraîche**, a **pinch of dill**, and **juice from lemon ends** to taste.
- Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper** to taste.



3 SEASON TROUT

- While rice cooks, pat **trout*** dry with paper towels. Place, skin sides down, on one side of an **oiled** baking sheet (arrange across entire sheet for 4 servings).
- Sprinkle trout with **orange zest** and **half the dill**; season with **salt** and **pepper**. Top with a **squeeze of juice from orange ends**.
- Shingle **orange and lemon slices** over trout. (TIP: You might not use all the citrus slices; reserve for another use.) Drizzle with **olive oil**.



6 SERVE

- Divide **rice** between shallow bowls. Top with **trout** and **asparagus**. Garnish asparagus with **lemon zest**.
- Serve with **dill crème fraîche** on the side for drizzling. TIP: Remove citrus slices before topping trout with dill crème fraîche.

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