



BROWN SUGAR DIJON GLAZED TROUT

with Lemon Crème Fraîche, Chive Mashed Potatoes & Roasted Asparagus

GOURMET

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Yukon Gold
Potatoes



6 oz | 12 oz
Asparagus



¼ oz | ¼ oz
Chives



1 | 2
Lemon



4 TBSP | 8 TBSP
Crème Fraîche
Contains: Milk



1 TBSP | 2 TBSP
Brown Sugar



1 tsp | 2 tsp
Paprika



2 tsp | 4 tsp
Dijon Mustard



10 oz | 20 oz
Steelhead Trout
Contains: Fish

HELLO

LEMON CRÈME FRAÎCHE

A luscious, spoonable cream mixed with fresh lemon juice for tang



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 780



BEST SPUDS

Our trick for the creamiest-ever mashed potatoes? Always save a scoop of potato cooking liquid before draining. Adding a few splashes of that starchy liquid while mashing helps your potatoes reach a smooth consistency.

BUST OUT

- 2 Small bowls
- Medium pot
- Strainer
- Paper towels
- Baking sheet
- Potato masher
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 3 tsp)
- Vegetable oil (1 tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 PREP & MIX CRÈME FRAÎCHE

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry all produce.**
- Quarter **lemon**. Dice **potatoes** into ½-inch pieces. Trim and discard bottom 1 inch from **asparagus**. Mince **chives**.
- In a small bowl, combine half the **crème fraîche** (you'll use the rest later), **salt, pepper**, and a squeeze of **lemon juice** to taste.



4 ROAST TROUT & ASPARAGUS

- Toss **asparagus** on empty side of same sheet with a drizzle of **olive oil, salt, and pepper**. (**For 4 servings, add asparagus to a second sheet; roast on middle rack.**)
- Roast on top rack until trout is cooked through and asparagus is browned and tender, 10-12 minutes.



2 COOK POTATOES

- Place **potatoes** in 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 **potato cooking liquid**, then drain and return potatoes to pot. Keep covered off heat until ready to mash.



5 MASH POTATOES

- Mash **potatoes** with **2 TBSP butter (4 TBSP for 4 servings)** and remaining **crème fraîche** until smooth, adding splashes of reserved **potato cooking liquid** as needed. Season generously with **salt**. Stir in half the **chives**.



3 GLAZE TROUT

- While potatoes cook, in a second small bowl, combine **brown sugar, paprika, mustard, 1 tsp olive oil (2 tsp for 4 servings)**, juice from **1 lemon wedge (2 wedges for 4)**, and a big pinch of **salt** and **pepper**.
- Pat **trout*** dry with paper towels; place skin sides down on one side of an **oiled** baking sheet (**for 4, spread out across entire sheet**). **TIP: For easy cleanup, line sheet with foil first.**
- Evenly spread tops of trout with **brown sugar Dijon glaze**.



6 SERVE

- Divide **potatoes, trout, and asparagus** between plates. Sprinkle with remaining **chives**. Top fish and asparagus with **lemon crème fraîche**. Serve with any remaining **lemon wedges** on the side.

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