

BROWN SUGAR DIJON GLAZED TROUT

with Lemon Crème Fraîche, Chive Mashed Potatoes & Roasted Asparagus

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz Yukon Gold Potatoes



1/4 oz | 1/4 oz Chives



4 TBSP | 8 TBSP Crème Fraîche Contains: Milk



1 tsp | 2 tsp Paprika



10 oz | 20 oz Steelhead Trout Contains: Fish

6 oz | 12 oz Asparagus



1 | 2 Lemon



1 TBSP | 2 TBSP Brown Sugar

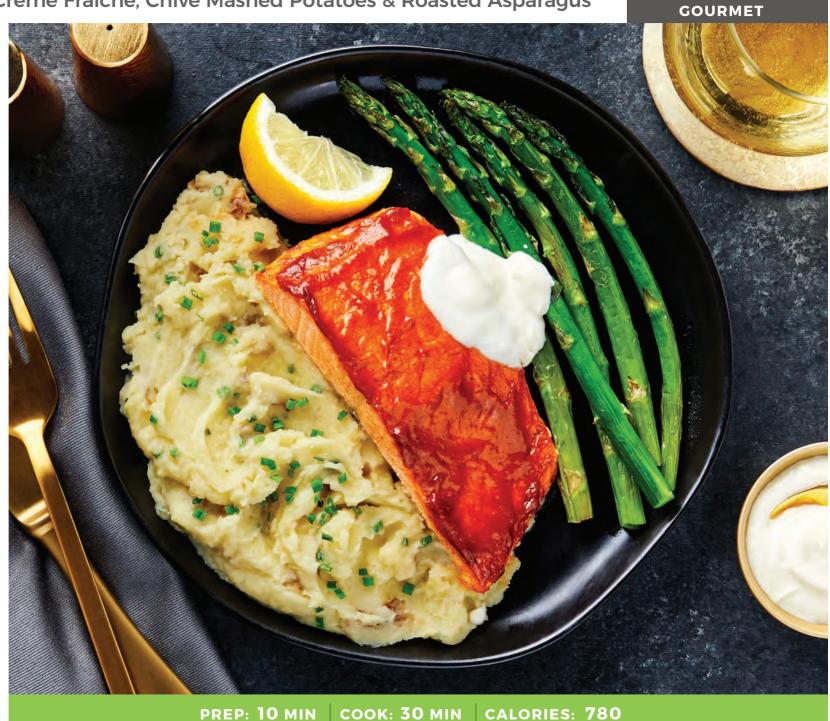


2 tsp | 4 tsp Dijon Mustard

HELLO

LEMON CRÈME FRAÎCHE

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



44.11 BROWN SUGAR DIJON GLAZED TROUT.indd 1

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



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 iuice to taste.



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 1/2 cup potato cooking liquid, then drain and return potatoes to pot. Keep covered off heat until ready to mash.



- 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.



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.



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.



• 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.