



LEMON BUTTER TROUT

with Asparagus Amandine & Horseradish Potato Mash



HELLO
HORSERADISH POWDER
This feisty spice adds a subtle kick to creamy mashed potatoes.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 850



Yukon Gold Potatoes



Chives



Steelhead Trout
(Contains: Fish)



Sliced Almonds
(Contains: Tree Nuts)



Milk
(Contains: Milk)



Asparagus



Lemon



Fry Seasoning



Horseradish Powder



Veggie Stock Concentrate

START STRONG

Trimming asparagus is a snap—literally. Hold the spears near the bottom ends and bend until they break. They'll snap off naturally at the point where they go from tough to tender.

BUST OUT

- Medium pot
- Zester
- 2 Baking sheets
- Paper towels
- Strainer
- Olive oil (2 tsp | 2 tsp)
- Vegetable oil (1 tsp | 1 tsp)
- Butter (4 TBSP | 7 TBSP)
(Contains: Milk)
- Potato masher
- Small bowl
- Medium pan
- Kosher salt
- Black pepper

INGREDIENTS

- | Ingredient | 2-person | 4-person |
|----------------------------|----------|----------|
| • Yukon Gold Potatoes | 12 oz | 24 oz |
| • Asparagus | 6 oz | 12 oz |
| • Chives | ¼ oz | ½ oz |
| • Lemon | 1 | 2 |
| • Steelhead Trout* | 10 oz | 20 oz |
| • Fry Seasoning | 1 TBSP | 2 TBSP |
| • Horseradish Powder | 1 tsp | 2 tsp |
| • Milk | 6.75 oz | 13.5 oz |
| • Veggie Stock Concentrate | 1 | 2 |
| • Sliced Almonds | ½ oz | ½ oz |

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



1 COOK POTATOES & PREP
Preheat oven to 450 degrees. **Wash and dry all produce.** Dice **potatoes** into ½-inch pieces; place in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, 15-20 minutes. Meanwhile, trim and discard woody bottom ends from **asparagus**. Finely chop **chives**. Zest and quarter **lemon**.



4 MASH POTATOES
Once **potatoes** are tender, drain and return to pot over low heat. Mash with **2 TBSP butter** (4 TBSP for 4 servings) and half the **horseradish powder** until smooth, adding splashes of **milk** as needed. Taste and add more horseradish powder if desired. Stir in half the **chives** (you'll use the rest later). Season generously with **salt** and **pepper**. Turn off heat; keep covered until ready to serve.



2 SEASON ASPARAGUS & TROUT

Toss **asparagus** on a baking sheet with a drizzle of **olive oil**, **salt**, and **pepper**. Pat **trout** dry with paper towels. Rub fillets all over with a drizzle of **olive oil**; season generously with **salt** and **pepper**. Rub flesh sides of fillets with **Fry Seasoning**; place on a separate, lightly **oiled** baking sheet.



5 START SAUCE & TOAST ALMONDS

In a small bowl, combine **stock concentrate**, a big squeeze of **lemon juice**, half the **lemon zest**, and ¼ **cup water** (⅓ cup for 4 servings); set aside. Heat a medium, dry pan over medium-high heat. Add **almonds** and cook, stirring, until golden brown, 2-4 minutes. Transfer to a plate. Pour **stock mixture** into same pan over medium-high heat. Bring to a boil and cook until slightly thickened, 2-3 minutes. Turn off heat.



3 ROAST ASPARAGUS & TROUT

Roast **asparagus** on middle rack and **trout** on top rack until asparagus is tender and lightly browned and trout is opaque and cooked through, 10-12 minutes.



6 FINISH & SERVE

Stir **2 TBSP butter** (3 TBSP for 4 servings) into pan with **sauce** until melted, then stir in remaining **chives**. Taste and season with **salt**, **pepper**, and more **lemon juice** if desired. Toss **asparagus** with remaining **lemon zest** and as many toasted **almonds** as you like. Divide asparagus, **potatoes**, and **trout** between plates. Spoon sauce over trout. Serve with any remaining **lemon wedges** on the side.

GIDDYUP

Have any leftover horseradish powder? Mix it with mayo or sour cream for spreading on sandwiches.

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