



PECAN-CRUSTED TROUT with an Apple-Studded Salad & Thyme-Roasted Potatoes



HELLO
HONEY MUSTARD SAUCE
 Mixed with mayonnaise, this creamy sauce acts as a binder for the pecan crust and adds a sweet-and-savory flavor to buttery trout.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 960



Yukon Gold Potatoes



Pecans
(Contains: Tree Nuts)



Honey



Mayonnaise
(Contains: Eggs)



Lemon



Mixed Greens



Thyme



Panko Breadcrumbs
(Contains: Wheat)



Dijon Mustard



Steelhead Trout
(Contains: Fish)



Apple

START STRONG

To prep your thyme in no time, pinch the stem near the top with one hand, then pull down with your other hand against the direction the leaves grow in. The leaves should pop right off!

BUST OUT

- 2 Baking sheets
- Large bowl
- Medium bowl
- Kosher salt
- Small bowl
- Black pepper
- Paper towels
- Vegetable oil (1 TBSP | 1 TBSP)
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Yukon Gold Potatoes **12 oz** | **24 oz**
- Thyme **¼ oz** | **½ oz**
- Pecans **½ oz** | **1 oz**
- Panko Breadcrumbs **¼ Cup** | **½ Cup**
- Honey **2 tsp** | **4 tsp**
- Dijon Mustard **2 tsp** | **4 tsp**
- Mayonnaise **2 TBSP** | **4 TBSP**
- Steelhead Trout* **10 oz** | **20 oz**
- Lemon **1** | **2**
- Apple **1** | **2**
- Mixed Greens **2 oz** | **4 oz**

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



1 PREP Adjust racks to top and middle positions and preheat oven to 450 degrees. **Wash and dry all produce.** Cut **potatoes** into ¼-inch-thick rounds. Strip **thyme leaves** from stems; roughly chop leaves until you have 2 tsp (4 tsp for 4 servings). Finely chop **pecans** or crush in their bag with a heavy pan or rolling pin.



4 ROAST FISH Pat **trout** dry with paper towels; season with **salt** and **pepper**. Drizzle skin sides with **oil**; rub to coat. Once potatoes have roasted 12 minutes, place trout skin sides down on a second baking sheet. Evenly spread tops with a thin layer of **honey mustard sauce** (reserve remaining sauce for serving), then mound with **pecan mixture**, pressing firmly to adhere. Transfer **potatoes** to middle rack and place trout on top rack. Roast until crust is golden brown and trout is cooked through, 10-12 minutes. Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com | hello@hellofresh.com



2 ROAST POTATOES Toss **potatoes** on a lightly **oiled** baking sheet with a drizzle of **oil**, half the **chopped thyme**, **salt**, and **pepper**. Roast on top rack until browned and tender, 20-25 minutes total. (We'll add more to the oven after 12 minutes.)



5 MAKE SALAD Meanwhile, quarter **lemon**. Halve, core, and thinly slice **apple**. In a large bowl, combine **mixed greens**, apple, a large drizzle of **olive oil**, and as much **lemon juice** as you like. Season with **salt** and **pepper**.



3 MAKE CRUST & SAUCE Meanwhile, place **2 TBSP butter** (3 TBSP for 4 servings) in a medium microwave-safe bowl. Microwave until melted, 30 seconds. Let cool slightly, then stir in **pecans**, **panko**, remaining **chopped thyme**, and a pinch of **salt** and **pepper**. In a small bowl, combine **honey**, **mustard**, and **mayonnaise**.



6 SERVE Divide **trout**, **potatoes**, and **salad** between plates. Drizzle trout with remaining **honey mustard sauce** and serve.

HEAT IT UP

Love a bit of spice? Add a sprinkle of chili flakes to your herby potatoes.

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