



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: 970

-  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

In step 4, we instruct you to spread the tops of your trout with honey mustard sauce. We prefer a basting brush for the job, but if you don't have one, simply use the back of a spoon to evenly coat.

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-bottomed 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** (save remaining sauce for serving); 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.

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2 ROAST POTATOES

Lightly **oil** a baking sheet. Toss **potatoes** on 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. (You'll add the trout after 12 minutes.)



5 MAKE SALAD

Meanwhile, halve, core, and thinly slice **apple**. Quarter **lemon**. 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

While potatoes roast, 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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