



PECAN-CRUSTED TROUT

with an Apple-Studded Salad & Thyme-Roasted Potatoes

GOURMET

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Yukon Gold Potatoes*



¼ oz | ¼ oz
Thyme



½ oz | 1 oz
Pecans
Contains: Tree Nuts



¼ Cup | ½ Cup
Panko Breadcrumbs
Contains: Wheat



2 tsp | 4 tsp
Honey



2 tsp | 4 tsp
Dijon Mustard



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs, Soy



10 oz | 20 oz
Steelhead Trout
Contains: Fish



1 | 1
Apple



1 | 1
Lemon



2 oz | 4 oz
Mixed Greens

*The ingredient you received may be a different color.

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 | COOK: 35 MIN | CALORIES: 980



HELLO FRESH

(CI)TRUST US

When making your salad in step 5, squeeze the lemon directly over the apple slices before giving 'em a good toss. Not only will this add a bright pop of flavor, it'll help keep the apple from browning.

BUST OUT

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

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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. Finely chop **pecans** or crush in their bag with a heavy-bottomed pan or rolling pin.



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 for 12 minutes. (You'll start the trout then.)



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.**



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.



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.**



6 SERVE

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

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