



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 | 2
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



JUST IN THYME

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

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

GET SOCIAL

Share your #HelloFreshPics
with us @HelloFresh

(646) 846-3663
HelloFresh.com



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 until browned and tender, 20-25 minutes total. (You'll start the trout after 12 minutes.)



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°.