



STEELHEAD TROUT IN A CRANBERRY DIJON SAUCE

with Crème Fraîche Chive Mashed Potatoes & Pecan-Studded Veggies

GOURMET

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Yukon Gold
Potatoes



¼ oz | ½ oz
Chives



6 oz | 12 oz
Carrots



¼ oz | ¼ oz
Thyme



1 | 2
Lemon



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk



6 oz | 12 oz
Green Beans



1 TBSP | 2 TBSP
Fry Seasoning



10 oz | 20 oz
Steelhead Trout
Contains: Fish



2 TBSP | 4 TBSP
Cranberry Jam



2 tsp | 4 tsp
Dijon Mustard



½ oz | 1 oz
Pecans
Contains: Tree Nuts

HELLO

CRÈME FRAÎCHE

A silky, spoonable cream that adds rich, buttery flavor to mashed potatoes



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 850



CRISPY BUSINESS

Want to master restaurant-quality crispy fish skin? First, pat the fish as dry as you can with paper towels before seasoning. Second, be sure to let the oiled pan get nice and hot before adding your fish, skin sides down. The skin will naturally release from the pan when the trout is ready to flip.

BUST OUT

- Peeler
- Medium pot
- Strainer
- Potato masher
- Baking sheet
- Paper towels
- Large pan
- Aluminum foil
- Kosher salt
- Black pepper
- Olive oil (**2 tsp** | **2 tsp**)
- Butter (**2 TBSP** | **4 TBSP**)
Contains: Milk

GET SOCIAL

Share your **#HelloFreshPics** with us **@HelloFresh**

(646) 846-3663
HelloFresh.com

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



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.**
- Dice **potatoes** into ½-inch pieces. Thinly slice **chives**. Trim, peel, and halve **carrots** lengthwise; cut crosswise into green-bean-sized pieces. Strip **thyme leaves** from stems; chop leaves until you have ½ tsp. Quarter **lemon**.
- **4 SERVINGS: Chop thyme leaves until you have 1 tsp.**



4 COOK FISH

- Meanwhile, pat **trout*** dry with paper towels. Season all over with remaining **Fry Seasoning, salt, and pepper**.
- Heat a drizzle of **olive oil** in a large, preferably nonstick, pan over medium-high heat. Add trout skin sides down and cook until skin is browned and slightly crispy, 5-6 minutes.
- Flip and cook until fish is opaque and cooked through, 4-6 minutes more. Turn off heat and transfer trout to a plate; tent with foil to keep warm. Wash out pan.



2 MAKE MASHED POTATOES

- Place **potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, 15-20 minutes. Reserve **½ cup potato cooking liquid**, then drain and return potatoes to pot.
- Mash with **crème fraîche** and **1 TBSP butter** until smooth, adding splashes of reserved potato cooking liquid as needed. Stir in half the **chives**. Season with **salt** and **pepper**. Keep covered off heat until ready to serve.
- **4 SERVINGS: Use 2 TBSP butter.**



5 MAKE SAUCE

- Heat same pan over medium-high heat; add **jam, mustard, chopped thyme, ¼ cup water**, and juice from half the **lemon**. Cook until slightly reduced, 2-3 minutes. Season with **salt** and **pepper**.
- Turn off heat and stir in **1 TBSP butter** until melted.
- **4 SERVINGS: Use ½ cup water and 2 TBSP butter.**



3 ROAST VEGGIES

- While potatoes cook, toss **green beans** and **carrots** on a baking sheet with half the **Fry Seasoning** (you'll use the rest in the next step), a drizzle of **olive oil, salt, and pepper**. Roast on top rack until tender and lightly browned, 15-18 minutes.



6 FINISH & SERVE

- Toss roasted **veggies** with **pecans**.
- Divide veggies, **potatoes**, and **trout** between plates. Spoon **sauce** over trout and garnish with remaining **chives**. Serve with remaining **lemon wedges** on the side.