

STEELHEAD TROUT IN A CRANBERRY DIJON SAUCE

with Crème Fraîche Chive Mashed Potatoes & Pecan-Studded Veggies

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz Yukon Gold Potatoes



6 oz | 12 oz Carrots



1 | **2** Lemon



Thyme

¼ oz | ½ oz

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



2 tsp | 4 tsp Dijon Mustard



2 TBSP | 4 TBSP Cranberry Jam

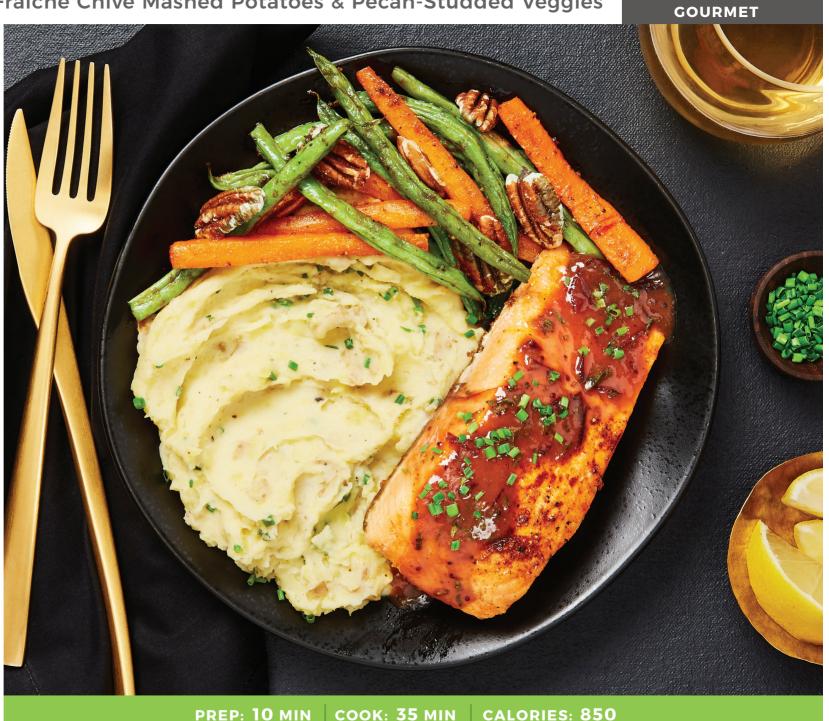


√2 oz | 1 oz
Pecans
Contains: Tree Nuts

HELLO

CRÈME FRAÎCHE

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



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HelloFRESH

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

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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.



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.



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.



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.



- 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.



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.

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