



BAKED AND BREADED SOLE

with Buttered Potatoes and Carrots



HELLO

HERBS DE PROVENCE

This blend of six aromatic herbs is Southern France's signature seasoning

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 510



Carrots



Garlic



Parsley



Herbs de Provence



Sole
(Contains: Fish)



Yukon Gold Potatoes



Parmesan Cheese
(Contains: Milk)



Lemon



Panko Breadcrumbs
(Contains: Wheat)

START STRONG

Don't skip oiling the baking sheet—even a very light layer of oil will help prevent the fish from sticking and keep your fillets intact and picture-perfect.

BUST OUT

- Peeler
- Paper towel
- 2 Baking sheets
- Large bowl
- Zester
- Small bowl
- Olive oil (4 tsp)
- Butter (2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- Carrots 3
- Yukon Gold Potatoes 24 oz
- Garlic 2 Cloves
- Lemon 1
- Parsley ¼ oz
- Parmesan Cheese ½ Cup
- Herbs de Provence 2 tsp
- Panko Breadcrumbs ½ Cup
- Sole 24 oz

HELLO WINE

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1 PREHEAT OVEN AND ROAST VEGGIES

Wash and dry all produce. Preheat oven to 400 degrees. Peel **carrots**, then cut into 2-inch lengths. Cut each piece into 1/2-inch-thick wedges. Cut **potatoes** into 1/2-inch cubes. Toss carrots and potatoes with a drizzle of **olive oil** and a pinch of **salt** and **pepper** on a baking sheet. Roast in oven until tender, about 25 minutes, tossing halfway through.



4 BAKE FISH

Pat **sole** dry with a paper towel, then place on a lightly oiled baking sheet. Brush with a drizzle of **olive oil** and season with **salt** and **pepper**. Press **crust mixture** into tops of fillets to adhere. Bake in oven until fish is opaque and crust is lightly browned, 8-10 minutes. **TIP:** For an extra-crispy crust, heat broiler and broil fillets until crust is a deep golden, about 1 minute.

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2 PREP

Mince or grate the **garlic**. Zest **lemon** until you have **1 tsp zest**, then cut into wedges. Finely chop **parsley**.



5 BUTTER VEGGIES

Once **potatoes** and **carrots** are done, transfer to a large bowl along with **2 TBSP butter** and a large pinch of **parsley**. Toss to combine and melt butter. Season with **salt** and **pepper**.



3 MAKE CRUST

In a small bowl, combine **Parmesan**, **herbs de Provence**, **1 tsp lemon zest**, **panko**, **garlic**, and a drizzle of **olive oil**. Season with **salt** and **pepper**.



6 PLATE AND SERVE

Divide **veggies** between plates and serve with **sole**. Garnish with remaining **parsley** and serve with **lemon wedges** for squeezing over.

NICE CATCH!

Whoever said cooking fish at home wasn't easy?

