

Panko-Crusted Trout

with Lemon-Butter Sauce, Parsnip Mash, and Crunchy Broccoli

Dijon mustard and panko breadcrumbs are one of our favorite tricks to achieving a crispy, flavorful coating without frying. Crunchy roasted broccoli and oregano-scented parsnips are made even more delicious by a drizzling of rich lemon-butter sauce.



35 min



level 2









Broccoli Florets



Parsnips



Garlic



Parsley



Panko



Lemon



Oregano, fresh





Cayenne Pepper

Dijon Mustard

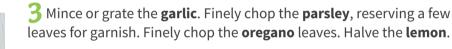
| Ingredients | | 2 People | 4 People | *Not Included | .⊑_ |
|------------------|-------|----------|----------|---|-------------------|
| Trout | 1) | 12 oz | 24 oz | | |
| Broccoli Florets | | 6 oz | 12 oz | Allergens | % in _ |
| Parsnips | | 12 oz | 24 oz | 1) Fish | |
| Garlic | | 2 cloves | 4 cloves | 2) Wheat | 1/2 in _ |
| Parsley | | 1/4 OZ | ½ oz | 3) Milk | .⊑_ |
| Panko | 2) 4) | 1/4 C | 1/2 C | 4) Soy | ± 1/4 |
| Lemon | | 1 | 2 | Tools | Ruler 0 in ¼in |
| Oregano, fresh | | 1/4 OZ | ½ oz | | |
| Cayenne Pepper 🥔 | | 1 t | 2 t | | |
| Dijon Mustard | | 2 T | 4 T | Large Pot, Baking Sheet, Peeler, Shallow Dish, Large | |
| Butter* | 3) | 1 T | 2 T | | |
| Oil* | | 2 T | 4 T | Pan, Strainer, Small Bo | owl |

Nutrition per person Calories: 644 cal | Carbs: 54 g | Fat: 30 g | Protein: 42 g | Fiber: 15 g | Sodium: 555 mg

Make sure to wash and dry produce before prepping or cooking!



- 1 Preheat the oven to 400 degrees. Peel and dice the **parsnips** into ½-inch cubes. Place the **parsnips** in a large pot with a large pinch of **salt** and enough water to cover. Bring to a boil, then reduce to a simmer for about 20 minutes, until tender. Drain.
- **2** Toss the **broccoli** on a baking sheet with **1 Tablespoon oil** and a pinch of **salt** and **pepper**. Place in the oven for 20-25 minutes, tossing halfway through cooking, until crunchy and golden brown.





- 4 In a shallow dish, combine the **panko**, **cayenne** (to taste, we used '4 teaspoon), **parsley**, **garlic**, and a large pinch of **salt** and **pepper**. In a small bowl, combine the **mustard** and the **juice of half a lemon**.
- 5 Brush or rub the **trout** on all sides with the **mustard-lemon mixture**, then press into the **panko mixture** to adhere the breading to each side.



- 6 Heat ¼-inch oil in a large pan over medium-high heat. Once hot, add the **trout** to the pan, skin-side down, and cook for 5-7 minutes, until crispy and golden brown. Flip to cook on the other side for 1-2 minutes, until opaque. Set aside and season with **salt** and **pepper**.
- **7** Make the lemon-butter sauce: pour off the oil from the pan and wipe it clean with a paper towel. Heat **1** Tablespoon butter in the same pan over medium heat. Once melted, squeeze the remaining lemon half into the pan and season with salt and pepper.
- Return the drained **parsnips** to the same pot you cooked them in. Mash with a fork or potato masher. Add the **oregano** to the pot and season with **salt** and **pepper**.
- **9** Plate the trout and serve with the **parsnip mash** and **crunchy broccoli**. Pour the **lemon-butter sauce** over the fish and garnish with the **reserved parsley leaves**. Enjoy!

