



More than Food

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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



make me first



nut free



Trout



Broccoli Florets



Parsnips



Garlic



Parsley



Panko



Lemon



Oregano, fresh




Cayenne Pepper



Dijon Mustard

Ingredients

	2 People	4 People
Trout	1)	2
Broccoli Florets	6 oz	12 oz
Parsnips	12 oz	24 oz
Garlic	2 cloves	4 cloves
Parsley	¼ oz	½ oz
Panko	2) 4)	½ C
Lemon	1	2
Oregano, fresh	¼ oz	½ oz
Cayenne Pepper 	1 t	2 t
Dijon Mustard	2 T	4 T
Butter*	1 T	2 T
Oil*	2 T	4 T

*Not Included

Allergens

- 1) Fish
- 2) Wheat
- 3) Milk
- 4) Soy

Tools

Large Pot, Baking Sheet, Peeler, Shallow Dish, Large Pan, Strainer, Small Bowl

Ruler

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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!



2

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.



5

3 Mince or grate the **garlic**. Finely chop the **parsley**, reserving a few leaves for garnish. Finely chop the **oregano** leaves. Halve the **lemon**.

4 In a shallow dish, combine the **panko**, **cayenne** (to taste, we used ¼ 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.



7

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**.



8

8 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!