



More than Food

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Trout en Papillote

with Roasted Brussels Sprouts and Shiitake Mushroom Pan Sauce

Cooking “en papillote” is a French technique in which food is cooked inside a parchment (or foil) envelope. The envelope traps all the flavors, resulting in a moist, aromatic dish. We’re using this technique to steam delicate trout along with rosemary and lemon. A creamy mushroom sauce makes the meal complete!



35 min



level 1



make me first



nut free



Rainbow Trout



Brussels Sprouts



Shiitake Mushrooms



Flour



Garlic



Shallot



Parsley



Rosemary



Vegetable Stock Concentrate



Lemon

Ingredients

		2 People	4 People
Rainbow Trout	1)	12 oz	24 oz
Brussels Sprouts		8 oz	16 oz
Shiitake Mushrooms		4 oz	8 oz
Flour	2)	1 T	2 T
Garlic		2 cloves	4 cloves
Shallot		1	2
Parsley		¼ oz	½ oz
Rosemary		¼ oz	½ oz
Vegetable Stock Concentrate		1	2
Lemon		1	2
Butter*	3)	2 T	4 T
Olive Oil*		1 T	2 T

*Not Included

Allergens

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

Tools

Baking Sheet, Large Pan, Tin Foil, Whisk

Nutrition per person Calories: 541 cal | Carbs: 31 g | Fat: 31 g | Protein: 44 g | Fiber: 10 g | Sodium: 314 mg

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



1

1 Prep the ingredients: Preheat the oven to 400 degrees. Trim and halve the **Brussels sprouts** lengthwise. Thinly slice the **mushrooms**. Thinly slice the **garlic**. Halve, peel, and finely dice the **shallot**. Thinly slice the **lemon** into rounds. Finely chop the **parsley**, reserving a few leaves for garnish.



2

2 Roast the Brussels sprouts: Toss the **Brussels sprouts** on one side of a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for 20-25 minutes, until golden brown and tender.



3

3 Assemble the papillote: Lay out a large piece of tin foil and place a drizzle of **oil** into the center of the foil. Season the **trout** on all sides with **salt** and **pepper**, then place 1 fillet into the center of the foil. Top with a **lemon round** and a sprig of **rosemary**, then gather the edges of the foil to seal into a package. Repeat with the remaining fillet. Place the packages onto the baking sheet with the **Brussels sprouts** and return to the oven for about 15 minutes, until the **Brussels sprouts** are golden brown and the **fish** is opaque.



5

4 Cook the vegetables: Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **shallots**, **garlic**, and **shiitake mushrooms** to the pan and cook, tossing, for 4-5 minutes, until softened and slightly golden brown. Set aside.

5 Make the mushroom pan sauce: Heat **2 Tablespoons butter** in the same pan over medium heat. Once melted, whisk the **flour** into the pan and cook, whisking constantly, for 1 minute. Very gradually add **1 cup water**, whisking constantly, until combined. Add the **stock concentrate**, **parsley**, and the **mushroom mixture** to the pan and stir to combine. Bring to a boil, then simmer for 3-4 minutes, until thickened.

6 Finish: When the **trout** is ready, remove it from the foil and plate alongside the roasted **Brussels sprouts**. Spoon the **mushroom pan sauce** over the fish, then garnish with the **reserved parsley leaves** and a **lemon round**. Enjoy!

Ruler

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