



# PARMESAN-CRUSTED TROUT

with Scallion Mashed Sweet Potatoes & Green Beans Amandine

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4  
Sweet Potatoes



2 | 4  
Scallions



6 oz | 12 oz  
Green Beans



2 TBSP | 4 TBSP  
Mayonnaise  
Contains: Eggs



2 tsp | 4 tsp  
Dijon Mustard



1 tsp | 2 tsp  
Garlic Powder



¼ Cup | ½ Cup  
Panko  
Breadcrumbs  
Contains: Wheat



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



10 oz | 20 oz  
Steelhead Trout  
Contains: Fish



½ oz | 1 oz  
Sliced Almonds  
Contains: Tree Nuts



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



HELLO

## STEELHEAD TROUT

Get ready to reel in your favorite new fish!  
These fillets resemble salmon in appearance,  
flavor, and texture.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 950



## BUST OUT

- Peeler
- Medium pot
- Strainer
- 2 Small bowls
- Large pan
- Paper towels
- Baking sheet
- Potato masher

- Kosher salt
- Black pepper
- Sugar (½ tsp | 1 tsp)
- Cooking oil (2 tsp | 2 tsp)
- Butter (3 TBSP | 6 TBSP)

Contains: Milk

## MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.



## 1 COOK SWEET POTATOES

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and dice **sweet potatoes** into ½-inch pieces; transfer to 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 **sweet potato cooking liquid**, then drain and return sweet potatoes to pot. Keep covered off heat until ready to mash.



## 2 PREP & MAKE SAUCE

- While sweet potatoes cook, trim and finely chop **scallion greens (save whites for another use)**. Trim **green beans** if necessary.
- In a small bowl, combine **mayonnaise, mustard, half the garlic powder (you'll use the rest in the next step)**, and ½ tsp **sugar (1 tsp for 4 servings)**. Season with **salt and pepper**. Transfer **2 TBSP sauce (4 TBSP for 4)** to a separate small bowl; reserve for serving.



## 3 MAKE CRUST

- Melt **1 TBSP butter (2 TBSP for 4 servings)** in a large pan over medium-high heat. Add **panko** and toast, stirring, until golden and fragrant, 2-3 minutes.
- Turn off heat; transfer to a shallow dish and stir in **Parmesan, half the scallion greens, remaining garlic powder**, and a **pinch of salt and pepper**. Wipe out pan.



## 4 ROAST TROUT

- Pat **trout\*** dry with paper towels; season with **salt and pepper**. Drizzle skin sides with **oil**; rub to coat.
- Place trout, skin sides down, on a baking sheet. **(TIP: Line with aluminum foil first for easy cleanup.)** Evenly spread tops with **1 tsp sauce** each; mound with **panko mixture**, pressing firmly to adhere.
- Roast on top rack until trout is cooked through and cheese melts, 10-12 minutes.



## 5 COOK GREEN BEANS

- Meanwhile, heat a **drizzle of oil** in pan used for panko over medium-high heat. Add **green beans**; season with **salt and pepper**. Cook, stirring occasionally, until browned and tender, 5-7 minutes.
- Remove from heat; stir in **almonds** and **1 TBSP butter (2 TBSP for 4 servings)**. Continue to stir until butter is melted and almonds are golden, 30-60 seconds. **(TIP: Return pan to low heat if needed to melt butter.)** Cover to keep warm.



## 6 FINISH SAUCE & POTATOES

- While green beans cook, to bowl with **reserved sauce**, add **water** 1 tsp at a time until mixture reaches a drizzling consistency.
- To pot with **sweet potatoes**, add **sour cream, 1 TBSP butter (2 TBSP for 4 servings)**, and a **big pinch of salt**. Mash until smooth, adding **splashes of reserved sweet potato cooking liquid** as needed.
- Stir in **remaining scallion greens**; taste and season with **salt and pepper**.



## 7 SERVE

- Divide **trout, mashed sweet potatoes, and green beans** between plates. Top trout with **reserved sauce** and serve.

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\*Trout is fully cooked when internal temperature reaches 145°.

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