

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4 Sweet Potatoes



2 TBSP | 4 TBSP Mayonnaise Contains: Eggs



W Cup | 1/2 Cup Panko Breadcrumbs Contains: Wheat



½ oz | 1 oz Sliced Almonds Contains: Tree Nuts



2 | 4 Scallions

Green Beans

1 tsp | 2 tsp

Garlic Powder

10 oz | 20 oz

Steelhead Trout

Contains: Fish



2 tsp | 4 tsp Dijon Mustard



3 TBSP | 6 TBSP Parmesan Cheese Contains: Milk



1½ TBSP | 3 TBSP Sour Cream



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.

PARMESAN-CRUSTED TROUT

with Scallion Mashed Sweet Potatoes & Green Beans Amandine



PREP: 10 MIN COOK: 35 MIN CALORIES: 950



BUST OUT

Large pan

Paper towels

Baking sheet

Potato masher

- Peeler
- Medium pot
- Strainer
- 2 Small bowls

- 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 1/2 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.



- 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.



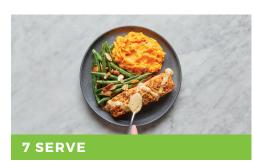
5 COOK GREEN BEANS

- 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



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

and season with salt and pepper.

*Trout is fully cooked when internal temperature reaches 145°

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