



HONEY DIJON DILL TROUT

with Shingled Potatoes & Roasted Broccoli

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Steelhead Trout
Contains: Fish



1 | 1
Lemon



¼ oz | ¼ oz
Dill



1 | 2
Shallot



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2 tsp | 4 tsp
Honey



2 tsp | 4 tsp
Dijon Mustard



1 | 2
Chicken Stock
Concentrate



12 oz | 24 oz
Potatoes*



8 oz | 16 oz
Broccoli



1 Clove | 2 Cloves
Garlic



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*The ingredient you received may be a different color.

HELLO

HONEY DIJON DILL SAUCE

Fresh dill adds bright notes to the classic
honey + mustard combo.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 810



HIT SHINGLE

To ensure your potatoes cook evenly (and fit on the baking sheet), arrange slices in a single layer, overlapping slightly, resembling a rooftop.

BUST OUT

- Zester
 - Paper towels
 - Large bowl
 - Large pan
 - Baking sheet
-
- Kosher salt
 - Black pepper
 - Cooking oil (8 tsp | 14 tsp)
 - Olive oil (1 tsp | 1 tsp)
 - Butter (1 TBSP | 2 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.

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



1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **potatoes** into ¼-inch-thick rounds. Peel and mince or grate **garlic**. Cut **broccoli** into bite-size pieces if necessary. Halve, peel, and mince **shallot**. Pick and finely chop **fronds from dill**. Zest and quarter **lemon**.



4 COOK FISH

- While broccoli and potatoes roast, pat **trout*** dry with paper towels and season all over with **salt and pepper**.
- Heat a **drizzle of oil** in a large pan over medium heat. Add trout, skin sides down, to hot pan. Cook until skin is crispy, 5-6 minutes.
- Flip trout; continue cooking until opaque and cooked through, 4-6 minutes more. Turn off heat; transfer to a plate. Wipe out pan.



2 ROAST POTATOES

- In a large bowl, toss **potatoes** with **2 TBSP oil (4 TBSP for 4 servings)**, **garlic**, and a **couple big pinches of salt and pepper** until thoroughly coated.
- Arrange potatoes on one side of a baking sheet in a single overlapping layer (**for 4, layer potatoes across entire sheet**). **TIP: Be sure to shingle the potatoes in a single layer so they cook evenly.**
- Roast on top rack for 10 minutes (**you'll add the broccoli then**).



5 MAKE SAUCE

- Heat a **drizzle of oil** in same pan over medium-high heat. Add **shallot**; cook, stirring, until slightly softened, 2-3 minutes.
- Stir in **mustard, stock concentrate, honey**, and **¼ cup water (⅓ cup water for 4 servings)**. Simmer until slightly thickened, 2-3 minutes. Turn off heat.
- Stir in **sour cream, half the chopped dill, juice from one lemon wedge**, and **1 TBSP butter** until melted and combined. (**For 4, use all the chopped dill, juice from two lemon wedges, and 2 TBSP butter.**) Season with **salt and pepper**.



3 ROAST BROCCOLI

- Once potatoes have roasted 10 minutes, remove sheet from oven. Carefully add **broccoli** to empty side; toss with a **drizzle of olive oil, salt, and pepper**. (**For 4 servings, leave potatoes roasting; add broccoli to a second baking sheet and roast on middle rack.**)
- Return sheet to top rack until broccoli and potatoes are browned and tender, 15-18 minutes more.



6 FINISH & SERVE

- Carefully toss **broccoli** with a **pinch of lemon zest** to taste.
- Divide **potatoes, broccoli, and trout** between plates. Spoon **half the sauce** over trout. Serve with remaining sauce and **remaining lemon wedges** on the side.