



PECAN-CRUSTED TROUT

with a Cranberry-Studded Salad & Thyme-Roasted Potatoes

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



¼ oz | ¼ oz
Thyme



½ oz | 1 oz
Pecans
Contains: Tree Nuts



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



2 tsp | 4 tsp
Honey



2 tsp | 4 tsp
Dijon Mustard



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



10 oz | 20 oz
Steelhead Trout
Contains: Fish



1 oz | 2 oz
Dried Cranberries



1 | 2
Lemon



2 oz | 4 oz
Mixed Greens



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

*The ingredient you received may be a different color.

HELLO

HONEY MUSTARD SAUCE

Made with mayonnaise, this creamy sauce acts as a binder for the pecan crust and adds a sweet-and-savory flavor to buttery trout.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 940



BRUSH WITH GREATNESS

In step 4, we instruct you to spread the tops of your trout with honey mustard sauce. We prefer a basting brush for the job, but if you don't have one, simply use the back of a spoon to evenly coat.

BUST OUT

- 2 Baking sheets
- Paper towels
- Small bowl
- Large bowl
- Medium bowl

- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 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.

GET SOCIAL

Share your **#HelloFreshPics**
with us **@HelloFresh**
(646) 846-3663 | **HelloFresh.com**



1 PREP

- Adjust racks to top and middle positions and preheat oven to 450 degrees. **Wash and dry produce.**
- Cut **potatoes** into ¼-inch-thick rounds. Strip **thyme leaves** from stems; roughly chop leaves until you have 2 tsp. Finely chop **pecans** or crush in their bag with a heavy-bottomed pan or rolling pin.



2 ROAST POTATOES

- **Lightly oil** a baking sheet. Toss **potatoes** on sheet with a **drizzle of oil, half the chopped thyme, salt, and pepper.**
- Roast on top rack until browned and tender, 22-24 minutes total. **(You'll start the trout after 12 minutes.)**



3 MAKE SAUCE & CRUST

- While potatoes roast, in a small bowl, combine **honey, mustard, and mayonnaise.**
- Place **2 TBSP butter (3 TBSP for 4 servings)** in a medium microwave-safe bowl. Microwave until melted, 30 seconds. Let cool slightly, then stir in **pecans, panko, remaining chopped thyme,** and a **pinch of salt and pepper.**



4 ROAST FISH

- Pat **trout*** dry with paper towels; season with **salt and pepper.** Drizzle skin sides with **oil;** rub to coat.
- Once potatoes have roasted 12 minutes, place trout, skin sides down, on a second baking sheet. Evenly spread tops with a **thin layer of honey mustard sauce (save remaining sauce for serving);** mound with **pecan mixture,** pressing firmly to adhere.
- Transfer **potatoes** to middle rack and place trout on top rack. Roast until crust is golden brown and trout is cooked through, 10-12 minutes.



5 MAKE SALAD

- Meanwhile, quarter **lemon.**
- In a large bowl, combine **mixed greens, cranberries, a large drizzle of olive oil,** and as much **lemon juice** as you like. Season with **salt and pepper.**



6 SERVE

- Divide **trout, potatoes, and salad** between plates. Drizzle trout with **remaining honey mustard sauce** and serve.

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