



SHEET PAN LEMON-DILL TROUT & ASPARAGUS

with Roasted Fingerling Potatoes

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Fingerling Potatoes



6 oz | 12 oz
Asparagus



¼ oz | ½ oz
Dill



1 | 2
Lemon



10 oz | 20 oz
Steelhead Trout
Contains: Fish



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HELLO

STEELHEAD TROUT

These fillets resemble salmon in appearance,
flavor, and texture.

PREP: 5 MIN | COOK: 30 MIN | CALORIES: 690



LOOSEY-JUICY

Firmly roll the lemon with your palm before quartering it. This quick hack softens the fruit, helping it yield more juice.

BUST OUT

- 2 Baking sheets • Paper towels
- Zester • Large bowl
- Kosher salt
- Black pepper
- Cooking oil (3 tsp | 4 tsp)
- Butter (2 TBSP | 4 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 ROAST POTATOES

- Adjust racks to middle and top positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Halve **potatoes** lengthwise.
- Toss potatoes on a baking sheet with a **drizzle of oil, salt, and pepper**. Roast on middle rack until browned and tender, 20-25 minutes.



3 ROAST TROUT & ASPARAGUS

- Toss **asparagus** on one side of a second baking sheet with a **drizzle of oil, salt, and pepper**.
- Pat **trout*** dry with paper towels. Place in a large bowl with a **drizzle of oil, dill, lemon zest, and juice from two lemon wedges, salt, and pepper (use a large drizzle of oil and juice from four lemon wedges for 4 servings)**. Rub to coat.
- Place trout, skin sides down, on empty side of sheet. Top each fillet with **1 TBSP butter**.
- Roast on top rack until trout is opaque and cooked through and asparagus is browned and tender, 10-12 minutes.



2 PREP

- Meanwhile, trim and discard woody bottom ends from **asparagus**. Pick and roughly chop **fronds from dill**. Zest and quarter **lemon**.



4 SERVE

- Divide **trout, potatoes, and asparagus** between plates. Serve with **remaining lemon wedges** on the side.