PECAN-CRUSTED TROUT

with an Apple-Studded Salad & Thyme-Roasted Potatoes

GOURMET

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 980

INGREDIENTS

2 PERSON | 4 PERSON

- **12 oz | 24 oz** Yukon Gold Potatoes
- **¼ oz | ½ 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 | 2** Apple
- **1 | 2** Lemon
- **2 oz | 4 oz** Mixed Greens

HELLO

HONEY MUSTARD SAUCE

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

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HELLO FRESH

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
- Medium bowl
- Small bowl
- Paper towels
- Large bowl
- Kosher salt
- Black pepper
- Vegetable oil (**1 TBSP** | **1 TBSP**)
- Olive oil (**2 tsp** | **2 tsp**)
- Butter (**2 TBSP** | **3 TBSP**)
  Contains: Milk

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

1 PREP

- Adjust racks to top and middle positions and preheat oven to 450 degrees. **Wash and dry all produce.**
- Cut **potatoes** into ¼-inch-thick rounds. Strip **thyme leaves** from stems; roughly chop leaves until you have 2 tsp **(4 tsp for 4 servings)**. 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, 20-25 minutes total. (You'll start the trout after 12 minutes.)

3 MAKE CRUST & SAUCE

- While potatoes roast, 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**.
- In a small bowl, combine **honey**, **mustard**, and **mayonnaise**.

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, halve, core, and thinly slice **apple**. Quarter **lemon**.
- In a large bowl, combine **mixed greens**, apple, 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.

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