



# PECAN-CRUSTED TROUT

with Apple-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 | 1  
Apple



1 | 1  
Lemon



2 oz | 4 oz  
Mixed Greens



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THERE TOO. SCAN HERE TO GET HELP!



\*The ingredient you received may be a different color.

HELLO

### HONEY MUSTARD SAUCE

This creamy sauce serves as a delicious binder for the crispy pecan crust.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 1000



## (CI)TRUST US

When making your salad, squeeze the lemon over the apple slices before tossing to add flavor and prevent them from browning.

## BUST OUT

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

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### 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.



### 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. Reserve **half the honey mustard sauce** in a second small bowl for serving; evenly spread tops with a **thin layer of remaining honey mustard sauce**. Mound tops with **pecan mixture**, pressing firmly to adhere.
- Transfer **potatoes** to middle rack and place trout on top rack. Roast until trout is cooked through, pecan crust is golden brown, and potatoes are golden brown, 10-12 minutes.



### 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 for 12 minutes (**you'll start the trout then**).



### 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**.



### 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**.



### 6 SERVE

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

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