



SEP
2016

Bayou-Spiced Rockfish

with Southern Succotash and Crispy Roasted Potatoes

One Southern-inspired dish, coming up! We combined one of our favorite white-fleshed fishes with a mild Cajun spice and served it alongside a colorful succotash of corn, green beans, and tomatoes. And of course there's some potatoes thrown in there, too. A sprinkle of chives gives this dish a magazine-worthy finish.



Prep: 10 min
Total: 30 min



level 1



make
me first



gluten
free



nut
free



Rockfish



Corn on
the Cob



Green Beans



Grape
Tomatoes



Russet
Potatoes



Bayou
Seasoning



Chives

Ingredients

	2 People	4 People
Rockfish	1) 12 oz	24 oz
Corn on the Cob	1 Ear	2 Ears
Green Beans	6 oz	6 oz
Grape Tomatoes	4 oz	8 oz
Russet Potatoes	12 oz	24 oz
Chives	¼ oz	¼ oz
Bayou Seasoning	1 T	2 T
Butter*	2) 1 T	2 T
Oil*	3 t	6 t

*Not Included

Allergens

1) Fish

2) Milk

Tools

Baking sheet,
Large pan, Paper towel

Nutrition per person Calories: 485 cal | Fat: 17 g | Sat. Fat: 5 g | Protein: 38 g | Carbs: 50 g | Sugar: 8 g | Sodium: 154 mg | Fiber: 7 g

1



1 Roast the potatoes: Wash and dry all produce. Preheat the oven to 400 degrees. Thinly slice the **potatoes** into ¼-inch rounds. Place in a single layer on a lightly **oiled** baking sheet. Season with **salt** and **pepper**. Drizzle with **oil** and turn to coat. Place in the oven for 20-25 minutes, flipping once, until golden brown.

2



2 Prep the remaining ingredients: Shuck the **corn** before cutting the **kernels** off the cob. Halve the **grape tomatoes**. Finely chop the **chives**. Trim and cut the **green beans** into ½-inch pieces.

3 Cook the succotash: Heat a drizzle of **oil** in a large pan over high heat. Add the **corn, green beans, and tomatoes**. Cook, tossing, for 3-4 minutes, until tender. Season with **salt** and **pepper**. Remove from the pan and set aside.

2



4 Cook the rockfish: Heat **1 Tablespoon butter** in the same pan over medium-high heat. Pat the **rockfish** dry with a paper towel. Season on all sides with the **Bayou seasoning, salt, and pepper**. Add the fish to the pan. Cook 3-4 minutes per side, until opaque and just cooked through.

5 Finish and plate: Stir half the **chives** into the **succotash**. Plate the **roasted potatoes** alongside the succotash. Top with the **Bayou-spiced rockfish**, and sprinkle with the remaining **chives**. Enjoy!

4



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