



PECAN-CRUSTED TROUT with an Apple-Studded Salad and Thyme-Roasted Potatoes



HELLO
PacificSeafood
 Rich in flavor and extremely high in omega-3 fatty acids.

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

-  Yukon Gold Potatoes
-  Pecans
(Contains: Tree Nuts)
-  Honey
-  Mayonnaise
(Contains: Eggs)
-  Lemon
-  Mixed Greens
-  Thyme
-  Panko Breadcrumbs
(Contains: Wheat)
-  Dijon Mustard
-  Columbia River Steelhead Trout
(Contains: Fish)
-  Apple

START STRONG

To prep your thyme in no time, pinch the stem near the top with one hand, then pull down with your other hand against the direction the leaves grow in. The leaves should pop right off!

BUST OUT

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

INGREDIENTS

Ingredient	2-person	4-person
• Yukon Gold Potatoes	12 oz	24 oz
• Thyme	¼ oz	½ oz
• Pecans	1 oz	2 oz
• Panko Breadcrumbs	¼ Cup	½ Cup
• Honey	2 tsp	4 tsp
• Dijon Mustard	2 tsp	4 tsp
• Mayonnaise	2 TBSP	4 TBSP
• Columbia River Steelhead Trout*	10 oz	20 oz
• Lemon	1	2
• Apple	1	2
• Mixed Greens	2 oz	4 oz

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

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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 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 for 12 minutes, place **trout** skin sides down on a second baking sheet. Evenly spread tops with a thin layer of **honey mustard sauce** (reserve remaining sauce for serving), then 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.

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2 ROAST POTATOES Toss **potatoes** on a lightly **oiled** baking 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. (We'll add more to the oven after 12 minutes.)



5 MAKE SALAD Meanwhile, quarter **lemon**. Halve, core, and thinly slice **apple**. 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 AND SAUCE Meanwhile, place **2 TBSP butter** (3 TBSP for 4 servings) in a medium microwave-safe bowl. Microwave until melted, 20-30 seconds. Let cool slightly, then stir in **chopped 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 remaining **honey mustard sauce** and serve.

HEAT IT UP

Love a bit of spice? Add a sprinkle of chili flakes to your potatoes for a kick.