



Easy Prep! Hot Honey Glazed Trout

with Brussels Sprouts & Wilted Spinach



ca. 20min



2 Servings

We love when a mouthwatering meal is deceptively healthy. The fact that this sheet pan dinner comes together so quickly is the icing on the cake (or the glaze on the trout in this case). A spicy-sweet honey glaze transforms trout filets into something addictive, and a warm veggie salad balances the rich trout while sunflower seeds provide a satisfying crunch. We think a meal can be delicious and virtuous too.

What we send

- ½ lb Brussels sprouts
- 1 yellow onion
- garlic
- 10 oz pkg steelhead trout filets ⁴
- ½ oz whole-grain mustard ¹⁷
- ½ oz Mike's Hot Honey
- 3 oz baby spinach
- 1 lemon
- 1 oz salted sunflower seeds

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- microplane or grater

Allergens

Fish (4), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 450kcal, Fat 18g, Carbs 36g, Protein 39g



1. Prep ingredients

Preheat broiler with a rack in the center.

Trim **Brussels sprouts**, remove any outer leaves if necessary, then cut in half. Halve and cut **half of the onion** into ¼-inch thick slices (save rest for own use). Finely grate **1½ teaspoons garlic**.



4. Broil trout

Carefully push **Brussels sprouts and onions** to sides of baking sheet; place **glazed trout**, skin side down, in center of same baking sheet. Broil on center oven rack until trout is medium, and veggies are crisp tender, 5-7 minutes (watch closely).



2. Broil veggies

On a rimmed baking sheet, toss **Brussels sprouts** and **sliced onions** with **half of the grated garlic** and **1 tablespoon oil**; season with **salt** and **pepper**. Broil on center oven rack until veggies are just starting to brown, about 7 minutes (watch closely as broilers vary).



5. Finish veggies

Carefully toss **Brussels sprouts and onions** with **spinach** directly on hot baking sheet until spinach is wilted. Finely grate zest from **half of the lemon** over top. Season veggies to taste with **salt** and **pepper**. Brush **trout** with **remaining hot honey glaze**.



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

3. Prep trout

Meanwhile, pat **trout** dry and season all over with **salt** and **pepper**.

In a small bowl, stir to combine **mustard**, **hot honey**, and **remaining grated garlic**. Brush **half of the hot honey glaze** over **trout**, flesh side only (reserve rest for step 5).



6. Finish & serve

Cut **lemon** into wedges. Serve **glazed trout** with **Brussels sprout and wilted spinach salad** alongside. Garnish **salad** with **sunflower seeds** and serve with **lemon wedges** on the side for squeezing over top. Enjoy!