



Herb-Roasted Trout

with Potato Wedges & Asparagus

 30-40min  2 Servings

Whole-grain mustard is tangy and has a delightful texture thanks to whole mustard seeds. We combine this mustard with sweet honey, fresh rosemary, oil, and a splash of vinegar, which turns into a lively vinaigrette for flaky, roasted trout fillets. Crisp potatoes and asparagus roast alongside the fish for a sheet pan dinner that's easy to make and even easier to eat.

What we send

- 2 Yukon gold potatoes
- ½ lb asparagus
- ¼ oz fresh rosemary
- 1 lemon
- 1 oz whole-grain mustard ¹⁷
- ½ oz honey
- 10 oz pkg steelhead trout filets ⁴

What you need

- olive oil
- kosher salt & ground pepper
- balsamic (or white wine vinegar) ¹⁷

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 550kcal, Fat 21g, Carbs 55g, Protein 37g



1. Roast potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **potatoes**, then cut into ½-inch thick wedges. On a rimmed baking sheet, toss potatoes with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on lower oven rack until just beginning to get tender and browned underneath, about 20 minutes.



2. Prep ingredients

Trim tough ends from **asparagus**. Pick and finely chop **1½ teaspoons rosemary leaves**; discard stems. Finely grate **half of the lemon zest**, then cut lemon into wedges; reserve both for step 6.



3. Prep dressing

In a small bowl, whisk to combine **mustard, chopped rosemary leaves, honey, 1½ tablespoons each of oil and vinegar, ½ teaspoon salt, and a few grinds of pepper**.



4. Prep trout

Pat **trout** dry. Season fillets all over with **salt** and **pepper**.



5. Roast asparagus & trout

Flip **potatoes**; push to one side of baking sheet. Add **asparagus** to other side and drizzle lightly with **oil**; season with **salt** and **pepper**. Place **trout** between potatoes and asparagus, then spoon **1 tablespoon of dressing** over each fillet. Return to center oven rack and roast until trout is cooked through and asparagus and potatoes are tender, 8-10 minutes.



6. Finish & serve

Immediately, toss **potatoes** with **reserved lemon zest** (be careful, it's hot!). Place **trout** on plates and drizzle **remaining dressing** over top. Serve **potatoes** and **asparagus** alongside **trout** with **lemon wedges** on the side for squeezing over. Enjoy!