



Everything
But The Chef

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Oven Baked Ocean Trout

Beautiful fillets of ocean trout don't need much to shine. We've paired them with an abundant tray bake full of clean and classic fruit and veg; comforting spuds, aromatic fennel and roasted lemon that will add a depth of flavour and a deluge of lemon juice that is sure to surprise and delight.

 **Pantry Items:** Olive Oil

-  **Prep:** 10 mins
-  **Cook:** 35 mins
-  **Total:** 45 mins
-  lactose free
-  level 1
-  gluten free
-  omega 3 rich
-  eat me first



Potatoes



Ocean Trout



Fennel



Lemon



Dill

2P	4P	Ingredients
350 g	700 g	potatoes, unpeeled, quartered
2 fillets	4 fillets	ocean trout
1 bulb	2 bulbs	fennel, cut into 5 mm thick slices
½	1	lemon, cut into thick rounds
1 tbs	2 tbs	olive oil *
1 bunch	2 bunches	dill, leaves picked

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	1700	Kj
Protein	28	g
Fat, total	19.3	g
-saturated	1	g
Carbohydrate	28.6	g
-sugars	4.9	g
Sodium	51	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, large saucepan, baking dish, and a strainer.

1 Preheat the oven to **220°C/200°C** fan-forced. Grease a large baking dish.

2 Place the **potato** into a large saucepan of salted water and bring to the boil. Cook for **15 minutes**, or until just tender. Drain.

3 Place the potato, **fennel** and **lemon** into the prepared baking dish. Drizzle with the **olive oil** and toss to coat. Season with **salt** and **pepper**. Cook in the oven for **10 minutes**.

4 Meanwhile, cut three 5 mm deep score lines on the skin side of the **ocean trout** (this will help them cook quicker). Place the ocean trout skin side up on top of the vegetables and cook everything for a further **10 minutes** or until the trout is just cooked through. Remove from the oven and sprinkle with the **dill**.

5 Divide vegetables and fish between plates. Squeeze with the delicious roasted lemon rounds to serve.



Did you know? Ocean trout is part of the salmon family.