



Pesto & Macadamia Crusted Trout

with Honey-Glazed Baby Carrots & Salad

Grab your Meal Kit with this symbol



Baby Carrots



Macadamias



Lemon



Panko Breadcrumbs



Basil Pesto



Ocean Trout



Flaked Almonds



Pear



Spinach & Rocket Mix

Hands-on: **15-25** mins
Ready in: **30-40** mins

Eat me first

We all know honey makes carrots better, but let us share this gem with you – roasting carrots with honey makes them completely irresistible. We guess it’s a bit like adding a macadamia crust to ocean trout, taking it from tasty to out-of-this-world delicious!

Pantry items

Olive Oil, Honey

Before you start

Our fruit and veggies need a little wash first!

You will need

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby carrots	1 bunch	2 bunches
honey*	2 tsp	1 tbs
macadamias	1 packet	2 packets
lemon	½	1
panko breadcrumbs	½ packet	1 packet
basil pesto	1 tub (50g)	1 tub (100g)
ocean trout	1 packet	2 packets
flaked almonds	1 packet	2 packets
pear	½	1
spinach & rocket mix	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2620kJ (625Cal)	721kJ (172Cal)
Protein (g)	30.4g	8.4g
Fat, total (g)	44.6g	12.3g
- saturated (g)	4.1g	1.1g
Carbohydrate (g)	25.2g	6.9g
- sugars (g)	12.8g	3.5g
Sodium (g)	156mg	43mg

Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



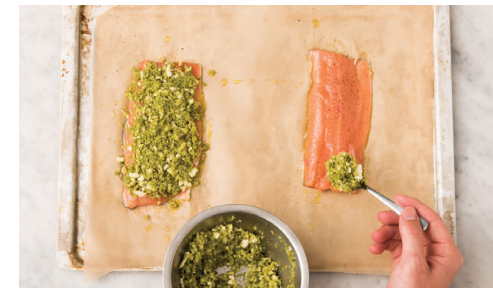
1. Roast the carrots

Preheat the oven to **220°C/200°C fan-forced**. Trim the green tops from the **baby carrots** and scrub them clean. Place the **carrots** on an oven tray lined with baking paper and **drizzle with olive oil** and the **honey**. Season with **salt** and **pepper** and toss to coat. Roast until tender and lightly caramelised, **20-25 minutes**.



2. Make the macadamia crust

While the carrots are roasting, finely chop the **macadamias**. Zest the **lemon (see ingredients list)** to get a **pinch**. In a medium bowl, combine the **macadamias, lemon zest, panko breadcrumbs (see ingredients list)** and **basil pesto**. Season with **pepper** and mix well.



3. Bake the trout

Place the **ocean trout**, skin-side down, on a second oven tray lined with baking paper and season with **salt** and **pepper** on both sides. Lightly coat or spray with **olive oil**. Spoon the **macadamia mixture** over the top of the trout and gently press down with the back of the spoon to help it stick. Bake until the crust is golden and the trout is just cooked through, **8-12 minutes**. In the last **5 minutes** of cook time, add the **flaked almonds** to the tray and cook until toasted.

TIP: Some of the crust may fall off, but that's okay!



4. Make the dressing

While the trout is baking, combine a **good squeeze** of **lemon juice** and **olive oil (1 tbs for 2 people / 2 tbs for 4 people)** in a medium bowl. Season with **salt** and **pepper** and mix well. Slice any **remaining lemon** into wedges.



5. Toss the salad

Thinly slice the **pear (see ingredients list)**. Just before serving, add the **flaked almonds, spinach & rocket mix** and **pear** to the bowl with the **dressing** and toss to coat.

TIP: Toss the salad just before serving to keep the leaves crisp.



6. Serve up!

Divide the honey-glazed baby carrots, pesto and macadamia crusted trout and the salad between plates. Sprinkle with any crumbs from the tray and serve with the lemon wedges.

Enjoy!

FANCY A DROP?

We recommend pairing this meal with Riesling or Semillon.