



Pesto & Pistachio-Crusted Trout

with Honey-Glazed Baby Carrots & Pear Salad



Baby Carrots



Pistachios



Lemon



Panko Breadcrumbs



Basil Pesto



Trout



Pear



Spinach & Rocket Mix

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

Eat Me First

Add a vibrant pesto and pistachio crust to delicate ocean trout and you'll never go back to serving it straight-up! And we all know roasting carrots brings out their natural sweetness, but wait till you try them all lovely and caramelised thanks to some help from a little honey.

Pantry items

Olive Oil, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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 bag	2 bags
honey*	2 tsp	1 tbs
pistachios	1 medium packet	1 large packet
lemon	½	1
panko breadcrumbs	½ medium packet	1 medium packet
basil pesto	1 packet (50g)	1 packet (100g)
trout	1 packet	2 packets
pear	½	1
spinach & rocket mix	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3408kJ (814Cal)	917kJ (219Cal)
Protein (g)	34.5g	9.3g
Fat, total (g)	65.5g	17.6g
- saturated (g)	13.3g	3.6g
Carbohydrate (g)	21g	5.6g
- sugars (g)	9g	2.4g
Sodium (mg)	528mg	142mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

We recommend pairing this meal with Riesling or Semillon.



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, halving any that are larger. Place on a lined oven tray 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**.



Make the dressing

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



Make the pistachio crust

While the carrots are roasting, roughly chop the **pistachios**. Zest the **lemon** to get a pinch, then cut into wedges. In a medium bowl, combine the **pistachios**, **lemon zest**, **panko breadcrumbs** (see ingredients) and **basil pesto**. Season with **pepper**, then mix well.



Make the salad

Thinly slice the **pear** (see ingredients). Add the **pear** and **spinach & rocket mix** to the bowl with the dressing. Toss to coat.



Bake the trout

Place the **trout**, skin-side down, on a second lined oven tray. Season both sides, then lightly coat or spray with **olive oil**. Spoon the **pistachio crust** over the top of the **trout**, gently pressing 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**.

TIP: Some of the crust will fall off, but that's okay, you'll use it later!



Serve up

Divide the pesto and pistachio-crusted trout, honey-glazed baby carrots and pear salad between plates. Sprinkle with any crust crumbs from the tray. Serve with any remaining lemon wedges.

Enjoy!

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