



# TROUT & DILL CAPER BUTTER SAUCE

WITH HASSELBACK POTATOES & YELLOW BEANS



Make a browned butter sauce



Chat Potatoes



Yellow Beans



Lemon



Dill



Asparagus



Slivered Almonds





Rainbow Trout



Capers

Hands-on: **20 mins**  
Ready in: **45 mins**

 Eat me first

 Naturally gluten-free  
*Not suitable for Coeliacs*

Capers have been used in Italian seaside cooking for centuries! Capers were a favourite among fishermen in the area, as they were easily preserved in salt. Unlike the fishermen of the Amalfi coast, you didn't have to catch your dinner tonight, but we're sure it will be just as delicious!

**Pantry Staples:** Olive Oil, Butter

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium frying pan**



## 1 ROAST THE POTATOES

Preheat the oven to **240°C/220°C fan-forced**. Bring a medium saucepan of water to the boil. Add the **chat potatoes** (unpeeled) and cook for **10 minutes**. Drain and run under cold water until cool enough to handle. Place 1 potato on a chopping board next to the handle of a wooden spoon. Thinly slice the potato without cutting the whole way through. Repeat with the remaining potatoes. Place the potatoes on an oven tray lined with baking paper. Season with a **generous pinch** of **salt** and **pepper** and **generously drizzle** with **olive oil**. Roast until tender, **35-40 minutes**.



## 4 COOK THE TROUT

When the potatoes have **10 minutes** cook time remaining, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Pat the **rainbow trout** dry with paper towel and season both sides with a **pinch** of **salt** and **pepper**. When the oil is hot, add the trout to the pan, skin-side down, and cook until just cooked through, **2-4 minutes** each side depending on thickness. Transfer to a plate.



## 2 PREP THE VEGGIES

While the potatoes are roasting, trim the **yellow beans**. Cut the **lemon** into wedges. Finely chop the **dill**. Trim the woody ends (about 3cm) off the **asparagus**.

**TIP:** Break off the asparagus ends with your hands - the spears will naturally break at the right place.



## 5 MAKE THE SAUCE

Return the pan to a medium heat and add the **butter** and **capers**. Cook until the butter has melted and browned slightly, **1-2 minutes**. Add a **squeeze** of **lemon** and a **pinch** of **pepper**. Return the **trout** to the pan and spoon over the butter mixture. Take the pan off the heat, add the **dill** and stir to combine.

**TIP:** Taste the sauce and add more lemon juice if you like.



## 3 COOK THE VEGGIES

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **yellow beans** and cook until almost tender, **2 minutes**. Add the **asparagus** and **slivered almonds** and cook, tossing often, until just tender and the almonds are golden, **4-5 minutes**. Transfer to a plate and cover to keep warm.



## 6 SERVE UP

Divide the hasselback potatoes, trout and veggies between plates. Spoon the dill caper butter sauce over the trout. Serve with the remaining lemon wedges.

ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

|                  | 2P              | 4P              |
|------------------|-----------------|-----------------|
| olive oil*       | refer to method | refer to method |
| chat potatoes    | 1 bag (500 g)   | 1 bag (1 kg)    |
| yellow beans     | 1 bag (100 g)   | 1 bag (200 g)   |
| lemon            | 1               | 2               |
| dill             | 1 bunch         | 1 bunch         |
| asparagus        | 1 bunch         | 2 bunches       |
| slivered almonds | 1 packet        | 2 packets       |
| rainbow trout    | 1 packet        | 2 packets       |
| butter*          | 40 g            | 80 g            |
| capers           | 1 tub           | 2 tubs          |

\*Pantry Items

| NUTRITION        | PER SERVING     | PER 100G       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2750kJ (657Cal) | 433kJ (104Cal) |
| Protein (g)      | 37.1g           | 5.8g           |
| Fat, total (g)   | 38.4g           | 6.0g           |
| - saturated (g)  | 11.5g           | 1.8g           |
| Carbohydrate (g) | 39.0g           | 6.1g           |
| - sugars (g)     | 4.9g            | 0.8g           |
| Sodium (g)       | 325mg           | 51mg           |

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

## PAIR THIS MEAL WITH

Riesling  
or  
Chardonnay

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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