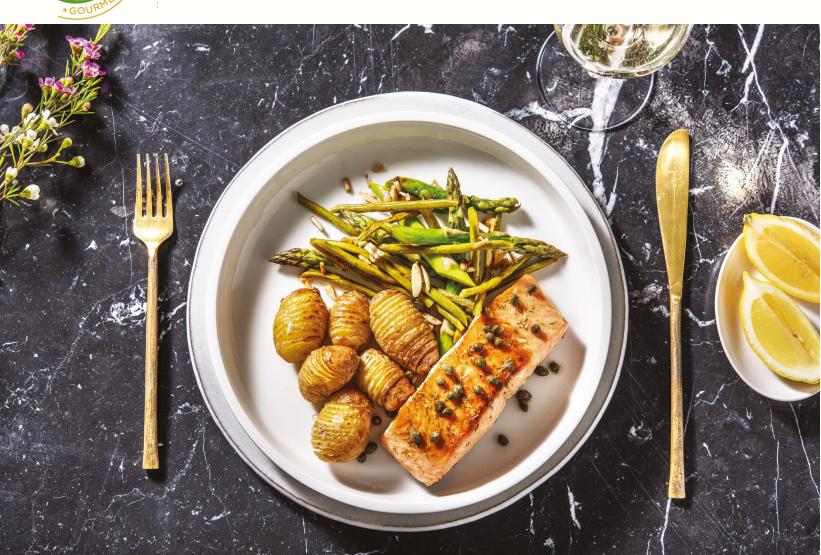


# TROUT & DILL CAPER BUTTER SAUCE

WITH HASSELBACK POTATOES & YELLOW BEANS





Make a browned butter sauce





**Chat Potatoes** 

Yellow Beans









Slivered Almonds



Rainbow Trout





Hands-on: 20 mins Ready in: 45mins

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

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



### **ROAST THE POTATOES**

Preheat the oven to 240°C/220°C fanforced. 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.



## **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.



### **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.



# \*Pantry Items

olive oil\*

lemon dill

butter\*

capers

asparagus

slivered almonds

rainbow trout

chat potatoes

yellow beans

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

INGREDIENTS

refer to

method

1 bag

1 bag

(100 g)

1 bunch

1 bunch

1 packet

1 packet

40 g

1 tub

refer to

method 1 bag

(1 kg) 1 bag

(200 g)2

1 bunch

2 bunches

2 packets

2 packets

80 g

2 tubs

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo



# **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.



### **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.



### **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!

#### PAIR THIS MEAL WITH

Riesling Chardonnay

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