

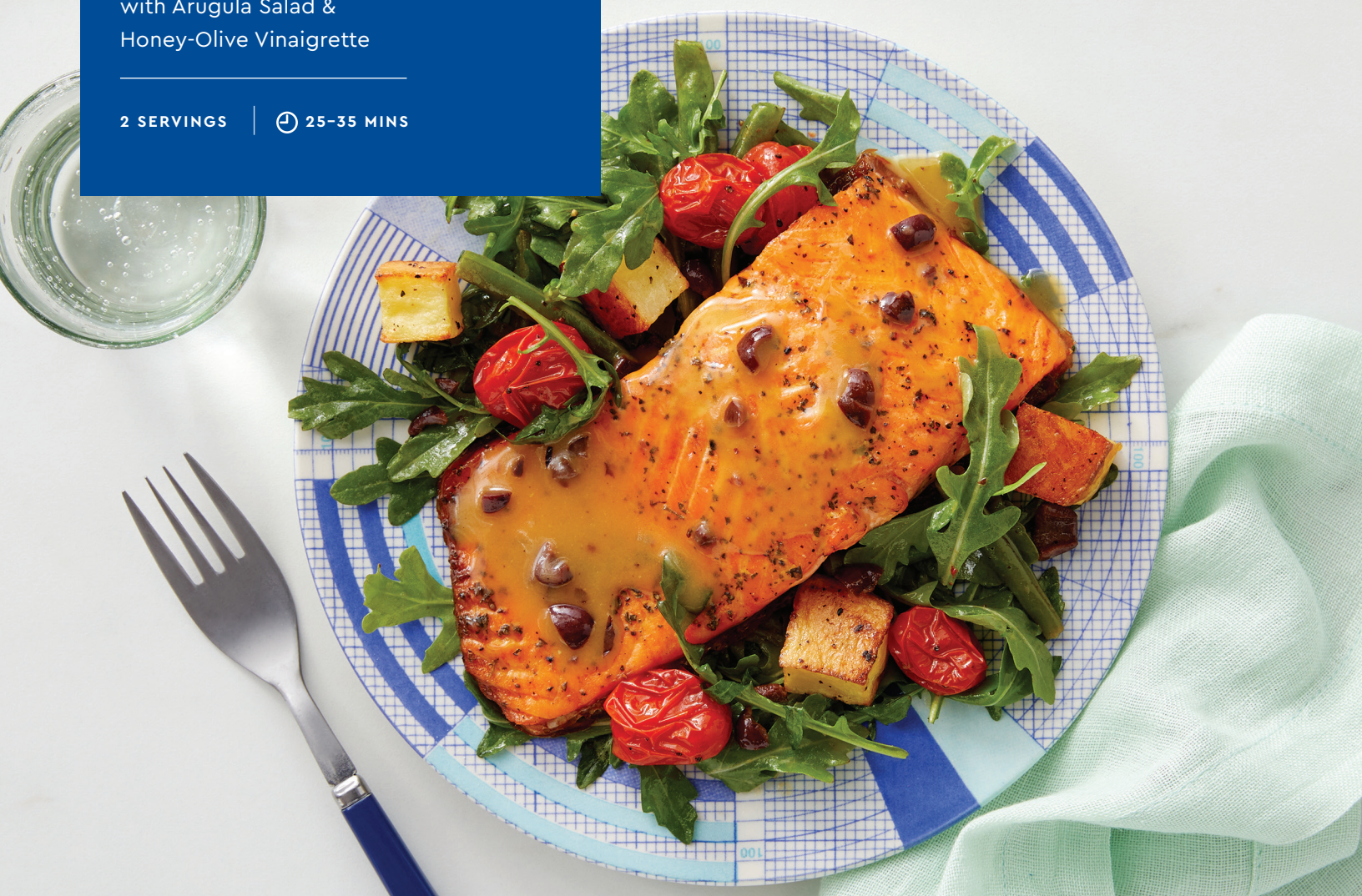
# Dijon-Roasted Trout & Potatoes

with Arugula Salad &  
Honey-Olive Vinaigrette











2 SERVINGS

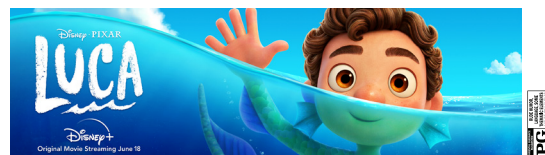
⌚ 25-35 MINS

 **Blue Apron**  
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## Ingredients

- |   |                                   |   |                            |
|---|-----------------------------------|---|----------------------------|
|  | 2 Skin-On Steelhead Trout Fillets |  | 4 oz Grape Tomatoes        |
|  | 2 oz Arugula                      |  | 1 Tbsp Honey               |
|  | 1 Tbsp Dijon Mustard              |  | 6 oz Green Beans           |
|  | 1 tsp Whole Dried Oregano         |  | 2 Tbsps Red Wine Vinegar   |
|  | ¾ lb Potatoes                     |  | 1 oz Pitted Niçoise Olives |



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## Ready for the best summer ever?

Dive into a culinary adventure this summer with this recipe celebrating Disney and Pixar's *Luca*, available to stream on **Disney+** starting **June 18**. Looking for more family fun? Scan this QR code for more tips on how to get kids involved in the kitchen!



#letsblueapron  
#pixarluca



SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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## 1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Arrange two oven racks in the upper and lower thirds of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Cut off and discard any stem ends from the **green beans**; halve crosswise.
- In a bowl, combine the **halved green beans and tomatoes**; drizzle with **olive oil** and season with salt and pepper. Stir to coat.
- Roughly chop the **olives**.



## 2 Roast the vegetables

- Transfer the **diced potatoes** to a sheet pan. Drizzle with **1 teaspoon of olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.
- Place on the upper oven rack and roast 10 minutes.
- Leaving the oven on, remove from the oven. Carefully transfer the **seasoned green beans and tomatoes** to the other side of the sheet pan.
- Return to the upper oven rack and roast 8 to 12 minutes, or until browned and tender when pierced with a fork.
- Transfer to a large bowl and set aside to cool.



## 3 Roast the fish

- Meanwhile, transfer **1 teaspoon of the mustard** to a medium bowl; set aside.
- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and the **oregano**.
- Transfer to a separate sheet pan, skin side down.
- Evenly spread or brush the **remaining mustard** onto the fish.
- Place on the lower oven rack and roast 10 to 15 minutes, or until browned and cooked through.\*
- Remove from the oven.



## 4 Make the vinaigrette

- Meanwhile, to the bowl of **reserved mustard**, add the **honey** (kneading the packet before opening), **vinegar**, **chopped olives**, and **2 tablespoons of olive oil**. Season with salt and pepper.
- Whisk to combine.



### COOKING WITH KIDS?

Have them help by kneading the honey and whisking the vinaigrette.

## 5 Make the salad & serve your dish

- To the bowl of **roasted vegetables**, add the **arugula** and **half the vinaigrette**; toss to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **salad** topped with the **roasted fish**. Drizzle with the **remaining vinaigrette**. Enjoy!



\*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)  
CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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PG  
Parental Guidance  
Suggested  
Some Material May Be Inappropriate for Children Under 10

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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