

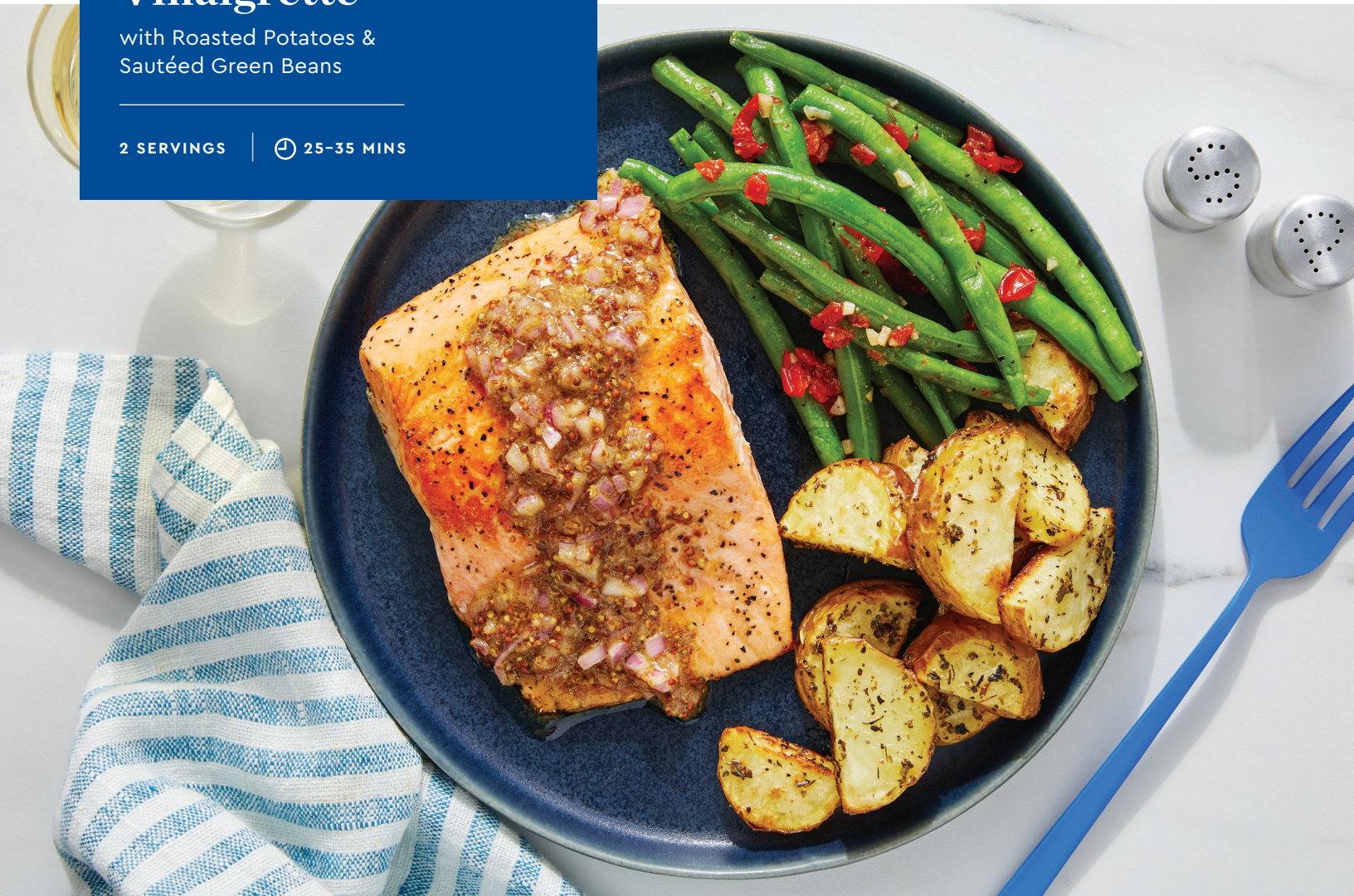
# Seared Trout & Onion-Dijon Vinaigrette

with Roasted Potatoes & Sautéed Green Beans

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**  
blueapron.com



## Ingredients



2 Skin-On Steelhead Trout Fillets



2 cloves Garlic



2 Tbsps Sherry Vinegar



¾ lb Golden Potatoes



1 Red Onion



1 Tbsp Whole Grain Dijon Mustard



6 oz Green Beans



½ oz Pickled Peppadew Peppers



1 Tbsp Italian Seasoning<sup>1</sup>



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



13 9 6

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. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram



## 1 Prepare & roast the potatoes

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Halve the **potatoes** lengthwise, then cut crosswise into 1/2-inch pieces.
- Place on a sheet pan. Drizzle with **2 teaspoons of olive oil** and season with salt, pepper, and the **Italian seasoning**. Toss to coat; arrange in an even layer.
- Roast 17 to 19 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



## 2 Prepare the ingredients & make the vinaigrette

- Meanwhile, cut off and discard any stem ends from the **green beans**.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **peppers**.
- Halve, peel, and small dice the **onion** to get 2 tablespoons (you will have extra).
- In a bowl, combine the **chopped onion, vinegar, and mustard**. Slowly whisk in **1 tablespoon of olive oil** until thoroughly combined. Taste, then season with salt and pepper if desired.



## 3 Cook & finish the green beans

- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **green beans** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the green beans are tender and the water has cooked off.
- Transfer to a large bowl. Add the **chopped peppers** and season with salt and pepper; stir to combine.
- Wipe out the pan.



## 4 Cook the fish & serve your dish

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy.
- Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.\*
- Turn off the heat.
- Serve the **cooked fish** with the **roasted potatoes** and **finished green beans**. Top the fish with the **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).

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

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