Seared Yellowtail & Creamy Dijon Sauce
with Pancetta, Potatoes & Brussels Sprouts

INGREDIENT IN FOCUS
This colorful dish features our Australian yellowtail fillets, which boast a light, buttery texture and deliciously mild, slightly sweet flavor.

TECHNIQUE TO HIGHLIGHT
For extra richness, you’ll make this delightful pan sauce by cooking mustard, cream, and demi-glace together in the reserved fond from the fish, which adds even more deep, savory flavor to the dish.

Ingredients

2 Yellowtail Fillets
3 oz Diced Pancetta
1 Tbsp Whole Grain Dijon Mustard
¾ lb Potatoes
1 Shallot

½ lb Brussels Sprouts
1 Bell Pepper
1 oz Balsamic-Marinated Cipolline Onions
1 bunch Parsley
¼ cup Cream

2 ½ Tbsps Vegetable Demi-Glace
1 Tbsp Weeknight Hero Spice Blend

The fish may have some light to dark red coloring, which is natural and edible, providing a similar flavor and texture as the white flesh.

PREMIUM
2 SERVINGS | 45–55 MINS

Serve a bottle of Blue Apron wine with this symbol: Full & Savory.
blueapron.com/wine

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

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1 Prepare the ingredients
• Fill a medium pot 3/4 of the way up with salted water; cover and heat to a boiling on high.
• Wash and dry the fresh produce.
• Medium dice the potatoes.
• Cut off and discard the stem ends of the brussels sprouts; halve lengthwise, then thinly slice crosswise.
• Cut off and discard the stem of the pepper. Halve lengthwise; remove the ribs and seeds, then medium dice.
• Peel and thinly slice the shallot.
• Roughly chop the parsley leaves and stems.

2 Parboil the potatoes
• Add the diced potatoes to the pot of boiling water. Cook 9 to 11 minutes, or until slightly tender when pierced with a fork. Turn off the heat.
• Drain thoroughly and return to the pot.

3 Cook the pancetta
• Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
• Add the pancetta. Cook, stirring occasionally, 4 to 5 minutes, or until crispy and cooked through.
• Leaving any oil and browned bits (or fond) in the pan, transfer to a paper towel-lined plate.

4 Cook & finish the vegetables
• Heat the pan of reserved fond on medium-high until hot.
• Add the parboiled potatoes in an even layer. Cook, without stirring, 3 to 5 minutes, or until lightly browned and crispy.
• Add the sliced brussels sprouts and diced pepper; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and softened.
• Add the sliced shallot. Cook, stirring frequently, 30 seconds to 1 minute, or until softened.
• Transfer to a large bowl. Add the chopped onions and cooked pancetta; stir to combine. Taste, then season with salt and pepper if desired.
• Wipe out the pan.

5 Cook the fish
• Pat the fish dry with paper towels. Season on both sides with salt, pepper, and enough of the spice blend to coat (you may have extra).
• In the same pan, heat 2 teaspoons of olive oil on medium-high until hot.
• Add the seasoned fish. Cook 3 to 4 minutes per side, or until lightly browned and cooked through.*
• Leaving any browned bits (or fond) in the pan, transfer to a plate.

6 Make the pan sauce & serve your dish
• To the pan of reserved fond, add the cream (carefully, as it may splatter), demi-glace, and mustard; season with salt and pepper. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until thickened.
• Turn off the heat. Taste, then season with salt and pepper if desired.
• Serve the finished vegetables topped with the cooked fish and pan sauce. Garnish with the chopped parsley. Enjoy!

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