

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.



PREMIUM

4 SERVINGS

🕒 35-45 MINS

Ingredients

-  4 Yellowtail Fillets
-  3 oz Diced Pancetta
-  1 lb Brussels Sprouts
-  1 ¼ lbs Fingerling Potatoes
-  2 Bell Peppers

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.

-  1 Shallot
-  2 oz Balsamic-Marinated Cipolline Onions
-  1 bunch Parsley
-  2 Tbsps Whole Grain Dijon Mustard
-  ½ cup Cream



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

blueapron.com/wine

-  2 ½ Tbsps Vegetable Demi-Glace
-  1 Tbsp Weeknight Hero Spice Blend¹

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



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Halve the **potatoes** lengthwise.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Cut off and discard the stems of the **peppers**. Quarter lengthwise; remove the ribs and seeds.
- Peel and thinly slice the **shallot**.
- Roughly chop the **onions**.
- In a large bowl, combine the **sliced shallot, chopped onions**, and a drizzle of **olive oil**; season with salt and pepper.
- Roughly chop the **parsley** leaves and stems.



2 Roast the potatoes

- Place the **halved potatoes** on a sheet pan; drizzle with **olive oil** and season with salt, pepper, and **half the spice blend**. Toss to coat and arrange in an even layer, cut side down.
- Roast, flipping halfway through, 20 to 22 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



3 Roast the vegetables

- Meanwhile, place the **halved brussels sprouts** and **quartered peppers** on a separate sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 15 to 17 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.



4 Cook the pancetta

- In a large pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **pancetta**. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and cooked through.
- Transfer to a paper towel-lined plate.
- Wipe out the pan.



5 Cook the fish

- Pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and the **remaining spice blend**.
- 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.
- To the bowl of **prepared shallot and onions**, add the **cooked pancetta** and **roasted potatoes and vegetables**; stir to combine. 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**.



*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 or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: 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.

Blue Apron, LLC
New York, NY 10005