

Sheet Pan Pesto Trout

with Roasted Vegetables

2 SERVINGS

⌚ 30-40 MINS

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Ingredients



2 Skin-On Steelhead Trout Fillets



1 Kohlrabi



2 Tbsps Mayonnaise



¾ cup Panko Breadcrumbs



1 Lemon



1 Tbsp Weeknight Hero Spice Blend¹



1 lb Sweet Potatoes



⅓ cup Basil Pesto



Serve with Blue Apron wine that has this symbol
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¹. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



"Alexa, find Blue Apron recipes."

1 Prepare & roast the vegetables

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut off the top and bottom of the kohlrabi to create a flat surface; using a knife, cut down along the curve of the kohlrabi to remove the green skin. Halve lengthwise; if present, remove the core, then cut crosswise into 1/2-inch pieces.
- Medium dice the sweet potatoes.
- Transfer the prepared vegetables to a sheet pan. Drizzle with olive oil and season with salt, pepper, and the spice blend; toss to coat. Arrange in an even layer.
- Roast 21 to 23 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



For easier cleanup, line your sheet pans with foil.

2 Coat the fish

- Meanwhile, lightly coat the center of a separate sheet pan with oil.
- In a bowl, combine the pesto and mayonnaise.
- Transfer 2/3 of the pesto mayo to a separate bowl and set aside.
- Pat the fish dry with paper towels. Season with salt and pepper on both sides.



Step 2 continued:

- Place the seasoned fish on the oiled portion of the sheet pan, skin side down. Evenly top with the remaining pesto mayo and enough of the breadcrumbs to coat (you may have extra). Drizzle with olive oil.

3 Roast the fish

- Roast the coated fish 10 to 13 minutes, or until the breadcrumbs are lightly browned and the fish is cooked through.*
- Remove from the oven.



4 Finish & serve your dish

- Meanwhile, halve the lemon crosswise; remove the seeds.
- To the bowl of reserved pesto mayo, add the juice of 1 lemon half; stir to combine. Taste, then season with salt and pepper if desired.
- Evenly top the roasted vegetables with the juice of the remaining lemon half.
- Serve the roasted fish with the finished vegetables and pesto sauce. 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 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.

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