

Sheet Pan Trout

with Honey-Dijon Potatoes & Arugula

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
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Ingredients*



2 Skin-On Steelhead Trout Fillets



1 oz Sliced Roasted Red Peppers



1 Tbsp Whole Grain Dijon Mustard



1 tsp Whole Dried Oregano



¾ lb Potatoes



1 oz Pitted Niçoise Olives



2 tsps Honey



1 Tbsp Weeknight Hero Spice Blend¹



2 oz Arugula



2 Scallions



1 Tbsp Red Wine Vinegar



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



7 - 15

PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 7-15 Points. Scan the barcode to see yours!



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

To learn more about the (NEW!) WW PersonalPoints™ program, visit www.ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare & start the potatoes

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Place on a sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **oregano**; toss to coat. Arrange in an even layer on one side of the sheet pan.
- Roast 12 minutes. Leaving the oven on, remove from the oven.



2 Prepare the remaining ingredients & make the dressing

- Meanwhile, roughly chop the **olives**.
- Roughly chop the **peppers**.
- Thinly slice the **scallions**.
- In a large bowl, whisk together the **mustard, vinegar, honey** (kneading the packet before opening), and a drizzle of **olive oil**. Season with salt and pepper.
- Add the **chopped olives, chopped peppers, and sliced scallions**. Toss to combine.



3 Roast 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).
- Carefully place on the other side of the sheet pan of **partially roasted potatoes**, skin side down.
- Roast 10 to 13 minutes, or until the potatoes are tender when pierced with a fork and the fish is lightly browned and cooked through.*



4 Finish the vegetables & serve your dish

- Just before serving, to the bowl of **dressing**, add the **arugula** and **roasted potatoes**; season with salt and pepper. Toss to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **roasted fish** with the **finished vegetables**. 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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