

Sheet Pan Trout & Olive Vinaigrette

with Roasted Vegetable & Arugula Salad

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Ingredients*

Customized ingredients



2 Skin-On Steelhead Trout Fillets 

SWAPPED FOR:



2 Skin-On Salmon Fillets 



4 oz Grape Tomatoes



2 tsps Honey



6 oz Green Beans



3/4 lb Potatoes



1 oz Pitted Niçoise Olives



1 Tbsp Dijon Mustard



1 Red Onion



2 oz Arugula



2 Tbsps Red Wine Vinegar



1 tsp Whole Dried Oregano



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



9 - 20 PersonalPoints® range per serving

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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.

If you customized this recipe, your PersonalPoints may differ from what's above.

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*Ingredients may be replaced and quantities may vary.

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COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Arrange two oven racks in the upper and lower thirds of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Halve and peel the **onion**; cut into 1/2-inch-wide wedges, keeping the layers intact.
- Cut off and discard any stem ends from the **green beans**; halve crosswise.
- Roughly chop the **olives**.



2 Roast the vegetables

- Transfer the **diced potatoes** to a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.
- Place on the upper oven rack and roast 8 minutes. Leaving the oven on, remove from the oven.
- Carefully transfer the **onion wedges, halved green beans, and tomatoes** to the other side of the sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat and arrange in an even layer.
- Return to the upper oven rack and roast 18 to 20 minutes, or until browned and tender when pierced with a fork.
- Transfer to a large bowl and set aside to cool slightly.



For easier cleanup, line your sheet pans with foil.

3 Roast the fish

- Meanwhile, pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Transfer to a separate sheet pan, skin side down. Evenly spread or brush the **mustard** onto the fish.
- Place on the lower oven rack and roast 10 to 13 minutes, or until cooked through.*
- Remove from the oven.



4 Make the vinaigrette

- Meanwhile, in a bowl, combine the **honey** (kneading the packet before opening), **vinegar, oregano, chopped olives, and 2 tablespoons of olive oil**. Season with salt and pepper. Whisk to combine.



5 Make the salad & serve your dish

- To the bowl of **roasted vegetables**, add the **arugula** and **half the vinaigrette**; toss to combine. Taste, then season with salt and pepper if desired.
- Serve the **salad** topped with the **roasted fish**. Drizzle with the **remaining vinaigrette**. Enjoy!



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

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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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