



PESTO & MACADAMIA CRUSTED OCEAN TROUT

WITH HONEY-GLAZED DUTCH CARROTS & GREEN SALAD



Master a macadamia
and pesto crust



Dutch Carrots



Macadamias



Lemon



Panko Breadcrumbs



Traditional Pesto



Ocean Trout



Flaked Almonds



Cucumber



Spinach & Rocket
Mix

Pantry Staples: Olive Oil, Honey

Hands-on: **15** mins
Ready in: **30** mins

1 Eat me first

We all know that honey makes carrots better, but let us share this gem with you – roasting carrots with honey makes them completely irresistible. We guess it's a little bit like adding a macadamia crust to ocean trout, taking it from pleasant to out-of-this-world delicious in just a few simple steps!

BEFORE YOU — START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**



1 ROAST THE DUTCH CARROTS
Preheat the oven to **220°C/200°C fan-forced**. Trim the green tops from the **Dutch carrots** and scrub them clean. Place the carrots on an oven tray lined with baking paper and **drizzle** with **olive oil** and the **honey**. Season with **salt** and **pepper** and toss to coat. Roast until tender and lightly caramelised, **20-25 minutes**.



2 MAKE THE MACADAMIA CRUST
While the carrots are roasting, finely chop the **macadamias**. Zest the **lemon** to get a **pinch**, then slice into wedges. In a medium bowl, combine the macadamias, lemon zest, **panko breadcrumbs** (see ingredients list) and **traditional pesto**. Season with **pepper** and mix well.



3 BAKE THE OCEAN TROUT
Place the **ocean trout** skin-side down on a second oven tray lined with baking paper and season with **salt** and **pepper** on both sides. Lightly drizzle or spray with **olive oil**. Spoon the **macadamia crust** over the top of the trout and gently press down with the back of the spoon to help it stick. **TIP:** Some will fall off, but that's okay, you'll use it later! Bake until the crust is golden and the trout is just cooked through, **8-12 minutes**. In the last **5 minutes** of cook time, add the **flaked almonds** to the tray and cook until toasted.



4 MAKE THE DRESSING
While the trout is baking, combine a **good squeeze** of **lemon** juice and **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) in a medium bowl. Season with **salt** and **pepper** and mix well.



5 TOSS THE SALAD
Slice the **cucumber** into half-moons. Just before serving, add the **flaked almonds**, **spinach & rocket mix** and cucumber to the bowl with the dressing and toss to coat. **TIP:** Dress the salad just before serving to keep the leaves crisp.



6 SERVE UP
Divide the honey-glazed Dutch carrots, pesto and macadamia crusted ocean trout and the salad between plates. Sprinkle with any crumbs from the tray and serve the remaining lemon wedges on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
Dutch carrots	1 bunch	2 bunches
honey*	2 tsp	1 tbs
macadamias	1 packet	2 packets
lemon	1	2
panko breadcrumbs	½ packet	1 packet
traditional pesto	1 tub	1 tub
ocean trout	1 packet	2 packets
flaked almonds	1 packet	2 packets
cucumber	1	2
spinach & rocket mix	1 bag (60 g)	2 bags (120 g)

*Pantry items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2480kJ (592Cal)	629kJ (150Cal)
Protein (g)	29.7g	7.5g
Fat, total (g)	43.1g	10.9g
- saturated (g)	3.5g	0.9g
Carbohydrate (g)	21.0g	5.3g
- sugars (g)	9.0g	2.3g
Sodium (g)	169mg	43mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

PAIR THIS MEAL WITH

Chardonnay
or
Viognier

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2019 | WK33

HelloFRESH