JANE SMITH LIFESTYLE • RECIPE CARD

Lemon-Paprika Trout with Crispy Potatoes

with roasted mini peppers and lemon-Dijon pan sauce



YIELD: 2 servings • PREP: 15 minutes • COOK: 30 minutes

INGREDIENTS

- 1 lb baby gold potatoes, halved
- 8 mini sweet peppers, halved lengthwise and seeded
- 1 tbsp olive oil, divided
- ¾ tsp kosher salt, divided
- 1 tsp smoked paprika, divided
- ¼ tsp black pepper
- 2 skin-on rainbow trout fillets (5–6 oz each)
- ½ tsp garlic powder
- 1 tbsp Dijon mustard
- 1 tbsp fresh lemon juice
- 1 tsp honey
- 2 tbsp water
- 1 tsp butter

DIRECTIONS

1. Heat the oven to 425°F. Toss the potatoes with 2 tsp olive oil, ¼ tsp salt and ¼ tsp smoked paprika. Arrange cut-side down on a lined sheet pan and roast for 15 minutes.
2. Add the mini peppers to the pan, toss them with 1 tsp olive oil and a pinch of salt, then continue roasting until the potatoes are crisp and the peppers are tender, 12–15 minutes.
3. Pat the trout dry. Season with garlic powder, ½ tsp smoked paprika, ¼ tsp salt and black pepper. Heat the remaining 1 tsp oil in a nonstick skillet over medium-high. Cook skin-side down for 3–4 minutes, then turn and cook 1–2 minutes, until the fish flakes easily and reaches 145°F.
4. Transfer the trout to plates. Lower the skillet heat and whisk in Dijon, lemon juice, honey, water, butter and the remaining smoked paprika and salt. Simmer for 1 minute.
5. Serve the trout with the crispy potatoes and peppers, spooning the warm lemon-Dijon sauce over the fish.

JANE'S NOTE	MAKE-AHEAD & STORAGE
For crisp skin, dry the trout thoroughly and leave it undisturbed skin-side down until the edges look golden. The fillet will release more easily when it is ready to turn.	Refrigerate cooked trout, potatoes and peppers separately for up to 2 days. Reheat the vegetables in a hot oven or air fryer; warm the trout gently so it stays moist.

Print and keep this card with your favorite everyday recipes.