



Fresh. Simple. Sustainable.

One-Pan Butterfly Trout with Parmesan Sweet Potato Chips & Green Beans **Fresh Fish Kitchen**

2 butterfly trout fillets
2 tablespoons extra virgin olive oil, divided
Sea salt and fresh ground black pepper, to taste
2 teaspoons fresh thyme, chopped
2 teaspoons fresh rosemary, chopped
2 small, sweet potatoes, peeled and thinly sliced
8 ounces fresh green beans, cleaned and trimmed
¼ cup grated parmesan, divided

Preheat oven to 400°. Brush a 9"x13" baking pan with 1 tablespoon of the olive oil.

Place trout, skin side down, on baking sheet and season with salt and pepper. Sprinkle with thyme and rosemary.

Place remaining tablespoon of olive oil in a large bowl. Add the sweet potatoes, green beans and toss together, coating with oil evenly. Season with salt and pepper.

Sprinkle the vegetables with half the Parmesan and add to the sheet pan around the trout, in single layer.

Bake for 10-15 minutes, turning the vegetables halfway through. The sweet potatoes should begin to crisp, green beans should be crisp tender and trout easily flakes when done.

Garnish with remaining Parmesan.

Serves 2