



# Garlic & Herb Barramundi

with Roast Veggie Toss & Creamy Pesto Dressing

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Brown Onion



Pepitas



Garlic & Herb Seasoning



Barramundi



Baby Spinach Leaves



Creamy Pesto Dressing



Chicken Breast

Prep in: 25-35 mins  
Ready in: 35-45 mins

**1** Eat Me First

We've kept this one nice and simple so you can spend less time cooking which allows you to get to eating, quicker! Let your roast veggies crisp up in the oven, while you sear barramundi fillets on the stovetop. Don't forget the creamy pesto dressing and pepitas which are essential garnishes!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Balsamic Vinegar



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
carrot	1	2
brown onion	1	2
pepitass	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
barramundi	1 small packet	2 small packets OR 1 large packet
baby spinach leaves	1 small bag	1 medium bag
<b>balsamic vinegar*</b>	1 ½ tsp	3 tsp
creamy pesto dressing	1 packet (50g)	1 packet (100g)
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2646kJ (632Cal)	455kJ (109Cal)
Protein (g)	35.6g	6.1g
Fat, total (g)	34.4g	5.9g
- saturated (g)	5.4g	0.9g
Carbohydrate (g)	45.4g	7.8g
- sugars (g)	23.3g	4g
Sodium (mg)	617mg	106mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2680kJ (641Cal)	442kJ (106Cal)
Protein (g)	43.5g	7.2g
Fat, total (g)	31.5g	5.2g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	45.1g	7.4g
- sugars (g)	23.3g	3.8g
Sodium (mg)	637mg	105mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** and **carrot** into bite-sized chunks.
- Cut **brown onion** into thick wedges.



## Flavour the barramundi

- Combine **garlic & herb seasoning** and a pinch of **salt** and **pepper** on a plate.
- Press **barramundi** into seasoning, turning to coat.



## Roast the veggies

- Place prepped **veggies** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Bake until tender, **25-30 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.

**Custom Recipe:** If you've swapped to chicken, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. In a medium bowl, combine chicken breast, garlic & herb seasoning and a drizzle of olive oil. Toss to coat.



## Cook the barramundi

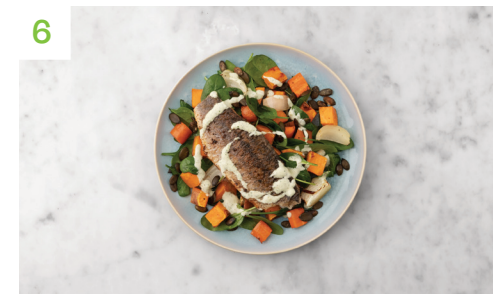
- When the veggies have **10 minutes** remaining, return frying pan to medium heat with a drizzle of **olive oil**.
- When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **5-6 minutes** each side (depending on thickness).
- When the veggies are done, add **baby spinach leaves** and the **balsamic vinegar** to the roast veggie tray. Gently toss to combine.

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).



## Toast the pepitas

- Meanwhile, heat a large frying pan over medium-high heat. Toast **pepitass**, stirring, until golden, **3-4 minutes**.
- Transfer to a small bowl.



## Serve up

- Divide roast veggie toss between plates. Sprinkle with pepitass.
- Top with garlic and herb barramundi. Drizzle with **creamy pesto dressing** to serve. Enjoy!

## Rate your recipe

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