with Lemon Pepper Couscous Salad & Yoghurt

MEDITERRANEAN













Kalamata Olives



Chilli Flakes (Optional)

Chicken-Style Stock Powder





Lemon Pepper Seasoning





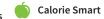
Barramundi

Greek-Style Yoghurt



Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me First



New flavour alert: Take barramundi to the next level by adding a garlic-chilli oil to take things up a notch. To cool things down, lemon-pepper couscous is the perfect addition, especially when topped with Greek-yoghurt.

Olive Oil, White Wine Vinegar

Pantry items

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

Medium saucepan with lid \cdot Large frying pan

Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
tomato	1	2	
baby spinach leaves	1 medium bag	1 large bag	
kalamata olives	1 packet	2 packets	
garlic	1 clove	2 cloves	
chilli flakes ∮ (optional)	pinch	pinch	
water*	¾ cup	1½ cups	
chicken-style stock powder	1 medium sachet	1 large sachet	
lemon pepper seasoning	1 medium sachet	2 medium sachets	
couscous	1 medium packet	1 large packet	
barramundi	1 small packet	2 small packets OR 1 large packet	
white wine vinegar*	drizzle	drizzle	
Greek-style yoghurt	1 medium packet	1 large packet	
fetta cubes**	1 medium packet	1 large packet	
*Pantry Items **Custom Recipe Ingredient			

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Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1878kJ (449Cal)	566kJ (135Cal)
Protein (g)	35.6g	10.7g
Fat, total (g)	14.6g	4.4g
- saturated (g)	3.9g	1.2g
Carbohydrate (g)	42.4g	12.8g
- sugars (g)	6.6g	2g
Sodium (mg)	1199mg	361mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2018kJ (482Cal)	586kJ (140Cal)
Protein (g)	37.8g	11g
Fat, total (g)	17.4g	5.1g
- saturated (g)	5.8g	1.7g
Carbohydrate (g)	42.4g	12.3g
- sugars (g)	6.6g	1.9g
Sodium (mg)	1412mg	410mg

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 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

- Roughly chop tomato, baby spinach leaves and kalamata olives.
- Finely chop garlic.
- In a medium heatproof bowl, add garlic, chilli flakes (if using), a drizzle of olive oil and a pinch of salt and pepper.
- Microwave in 10 second bursts, until fragrant.



Cook the barramundi

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Pat barramundi dry with paper towel and season both sides.
- When oil is hot, cook barramundi, skin-side down first, until just cooked through, 5-6 minutes each side (depending on thickness).

TIP: Patting the skin dry helps it crisp up in the pan!



Make the couscous

- In a medium saucepan, combine the water, chicken-style stock powder and lemon pepper seasoning and bring to the boil.
- Add couscous and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with fork.



Make the salad & serve up

- To the pan with couscous, add tomato, spinach, olives and a drizzle of olive oil and **white wine vinegar**. Toss to combine and season to taste.
- Divide lemon pepper couscous salad between bowls. Top with barramundi.
 Drizzle over garlic-chilli oil.
- Serve with Greek-style yoghurt. Sprinkle over remaining chilli flakes (if using) to serve. Enjoy!

Custom Recipe: If you've added fetta cubes, crumble over couscous salad to serve.