



Baked Barramundi & Rich Tomato Sauce

with Pre-Cut Fries & Kale-Spinach Salad

MEDITERRANEAN

Grab your Meal Kit with this symbol



Potato Fries



Barramundi



Tomato Sugo



Tomato



Cucumber

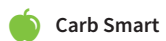


Kale & Spinach



Barramundi

Prep in: 10-20 mins
Ready in: 30-40 mins



Carb Smart

Eat Me First

Baked tomato barramundi is on the menu tonight! With pre-prepped sweet potato fries and a kale and spinach salad to top it all off, you've got yourself a carb smart dish that tastes just as good as it looks.

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

Pantry items

Olive Oil, Brown Sugar, Butter, Vinegar (White Wine or Balsamic)

SUK

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 or medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato fries	1 medium packet	1 large packet
barramundi	1 small packet	2 small packets OR 1 large packet
tomato sugo	1 packet	2 packets
water*	2 tbs	¼ cup
brown sugar*	½ tsp	1 tsp
butter*	10g	20g
tomato	1	2
cucumber	1	2
kale & spinach	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
barramundi**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1689kJ (404Cal)	280kJ (67Cal)
Protein (g)	33.9g	5.6g
Fat, total (g)	11.8g	2g
- saturated (g)	4.8g	0.8g
Carbohydrate (g)	38.8g	6.4g
- sugars (g)	10.5g	1.7g
Sodium (mg)	737mg	122mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1638kJ (391Cal)	272kJ (65Cal)
Protein (g)	33.1g	5.5g
Fat, total (g)	10.6g	1.8g
- saturated (g)	5.2g	0.9g
Carbohydrate (g)	38.4g	6.4g
- sugars (g)	10.5g	1.7g
Sodium (mg)	732mg	122mg

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



1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Place **potato fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

3



Make the salad

- Meanwhile, cut **tomato** into thin wedges.
- Slice **cucumber** into half moons.
- In a large bowl, combine **kale & spinach, tomato, cucumber** and a drizzle of **vinegar** and **olive oil**. Season to taste.

2



Bake the fish

- Meanwhile, pat **barramundi** skin dry.
- In a baking dish, combine **tomato sugo**, the **water**, the **brown sugar** and the **butter**.
- Add **barramundi**, skin side up. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Bake for **15-18 minutes**.

Custom Recipe: If you've doubled your barramundi, spread barramundi and sauce across two baking dishes if your dish is getting crowded.

4



Serve up

- Divide baked fish, fries and kale and spinach salad between plates.
- Spoon sauce over fish to serve. Enjoy!

Rate your recipe

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