



Seared Barramundi & Wedges

with Apple Salad & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Barramundi



Apple



Cucumber



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Salmon

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



Carb Smart*
**Custom recipe is not Carb Smart*

1 Eat Me First

With its mild, buttery flavour and meaty texture, barramundi works a treat in our better-for-you take on fish and chips. Teamed with baked potato wedges, a sweet and tart apple salad, and herby mayo for dipping, you won't even miss the deep-fried version.

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

Pantry items

Olive Oil, Plain Flour, White Wine 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
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
plain flour*	1 tsp	2 tsp
barramundi	1 small packet	2 small packets OR 1 large packet
apple	1	2
cucumber	1	2
white wine vinegar*	1 tsp	2 tsp
mixed salad leaves	1 small bag	1 medium bag
dill & parsley mayonnaise	1 medium packet	1 large packet
salmon**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2210kJ (528Cal)	427kJ (102Cal)
Protein (g)	32.6g	6.3g
Fat, total (g)	29.5g	5.7g
- saturated (g)	4g	0.8g
Carbohydrate (g)	32.7g	6.3g
- sugars (g)	11.6g	2.2g
Sodium (mg)	562mg	108mg
Dietary Fibre (g)	6g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2749kJ (657Cal)	531kJ (126Cal)
Protein (g)	35.2g	6.8g
Fat, total (g)	42.2g	8.1g
- saturated (g)	5.5g	1.1g
Carbohydrate (g)	33.5g	6.5g
- sugars (g)	11.6g	2.2g
Sodium (mg)	554mg	107mg

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



Bake the wedges

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

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



Prep the salad

- Meanwhile, slice **apple** into thin sticks.
- Thinly slice **cucumber** into half-moons.
- In a medium bowl, combine the **white wine vinegar** and a drizzle of **olive oil**. Season, then stir to combine.



Flavour the barramundi

- When the wedges have **15 minutes** remaining, combine **Aussie spice blend**, the **plain flour** and a pinch of **pepper** on a plate.
- Pat barramundi dry. Press **barramundi**, skin-side up, into the **spice mixture** to coat.

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

Custom Recipe: If you've upgraded to salmon, pat salmon dry with paper towel, then flavour with the spice mixture, as above.



Toss the salad

- To the bowl with the dressing, add **mixed salad leaves**, **apple** and **cucumber**.
- Toss to combine.



Cook the barramundi

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

TIP: Don't worry if your barramundi gets a little charred. This adds to the flavour!

Custom Recipe: Heat a drizzle of olive oil in the pan over medium-high heat. Cook salmon, skin-side down first, until just cooked through 2-4 minutes each side.



Serve up

- Divide seared barramundi, wedges and apple salad between plates.
- Serve with **dill & parsley mayonnaise**. Enjoy!

Custom Recipe: Divide the seared salmon between plates.

Rate your recipe

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