

# Aussie-Spiced Barramundi

with Cherry Tomato Salad & Cheesy Potato Bites

Grab your Meal Kit with this symbol



Potato



Parmesan Cheese



Snacking Tomatoes



Mayonnaise



Barramundi



Aussie Spice Blend



Spinach, Rocket & Fennel Mix



Sweet Potato Chunks

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



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

Eat Me First

With its mild, slightly sweet flavour and firm texture, barramundi works a treat with our Aussie spice blend and tastes even better with Parmesan-y roast potatoes. Serve with a simple salad for added texture and to balance out the richness.

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

### Pantry items

Olive Oil, White Wine Vinegar, Balsamic Vinegar, Butter

## 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
potato	2	4
Parmesan cheese	1 medium packet	1 large packet
snacking tomatoes	1 punnet	2 punnets
mayonnaise	1 packet (40g)	1 packet (80g)
<b>white wine vinegar*</b>	½ tsp	1 tsp
<b>balsamic vinegar*</b>	drizzle	drizzle
barramundi	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
<b>butter*</b>	20g	40g
spinach, rocket & fennel mix	1 small bag	1 medium bag
sweet potato chunks**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2327kJ (556Cal)	474kJ (113Cal)
Protein (g)	35.2g	7.2g
Fat, total (g)	33.9g	6.9g
- saturated (g)	12g	2.4g
Carbohydrate (g)	26.3g	5.4g
- sugars (g)	5.2g	1.1g
Sodium (mg)	787mg	160mg
Dietary Fibre (g)	5.8g	1.2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2873kJ (687Cal)	416kJ (99Cal)
Protein (g)	39g	5.6g
Fat, total (g)	33.9g	4.9g
- saturated (g)	12g	1.7g
Carbohydrate (g)	54.5g	7.9g
- sugars (g)	16.4g	2.4g
Sodium (mg)	807mg	117mg

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



1



## Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until just tender, **15-20 minutes**.
- Remove tray from oven. Sprinkle **potato** with **Parmesan cheese**. Roast until golden and crispy, a further **5 minutes**.

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

**Custom Recipe:** If you've added sweet potato chunks, roast sweet potato chunks with potato, until tender, 20-25 minutes. Continue as above.

4



## Cook the barramundi

- When potato has **10 minutes** remaining, pat **barramundi** dry with paper towel and season both sides with **Aussie spice blend** and a good pinch of **pepper**.
- In a large frying pan, melt the **butter** over medium-high heat. When butter 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!

2



## Get prepped

- Meanwhile, halve **snacking tomatoes**.

3



## Prep the mayo & dressing

- In a small bowl, combine **mayonnaise** and the **white wine vinegar**. Set aside.
- In a medium bowl, combine a drizzle of the **balsamic vinegar** and **olive oil**. Season, then set aside.

5



## Toss the salad

- Meanwhile, to the bowl with balsamic dressing, add **snacking tomatoes** and **spinach, rocket & fennel mix**.
- Toss to coat.

6



## Serve up

- Divide Aussie-spiced barramundi, cheesy potato bites and cherry tomato salad between plates.
- Serve with mayonnaise. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)