



Aussie-Spiced Barramundi

with Cherry Tomato Salad & Cheesy Roast Potato Bites

Grab your Meal Kit with this symbol



Chopped Potato



Parmesan Cheese



Snacking Tomatoes



Barramundi



Aussie Spice Blend



Balsamic Vinaigrette Dressing



Spinach, Rocket & Fennel Mix

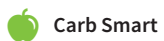


Mayonnaise



Chicken Breast

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



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 protein, follow the custom recipe steps.

Pantry items

Olive Oil, 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
olive oil*	refer to method	refer to method
chopped potato	1 medium bag	1 large bag
Parmesan cheese	1 medium packet	1 large packet
snacking tomatoes	1 punnet	2 punnets
barramundi	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
butter*	20g	40g
balsamic vinaigrette dressing	1 packet	2 packets
spinach, rocket & fennel mix	1 small bag	1 medium bag
mayonnaise	1 packet (40g)	1 packet (80g)
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)	2627kJ (628Cal)	515kJ (123Cal)
Protein (g)	35.7g	7g
Fat, total (g)	38.4g	7.5g
- saturated (g)	12.4g	2.4g
Carbohydrate (g)	33g	6.5g
- sugars (g)	4g	0.8g
Sodium (mg)	923mg	181mg
Dietary Fibre (g)	4.7g	0.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2712kJ (648Cal)	506kJ (121Cal)
Protein (g)	44.4g	8.3g
Fat, total (g)	36.7g	6.9g
- saturated (g)	11.4g	2.1g
Carbohydrate (g)	33g	6.2g
- sugars (g)	4g	0.7g
Sodium (mg)	948mg	177mg
Dietary Fibre (g)	4.9g	0.9g

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



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Place **chopped 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.

3



Toss the salad

- Meanwhile, in a medium bowl, add **balsamic vinaigrette dressing**, **snacking tomatoes** and **spinach, rocket & fennel mix**.
- Toss to coat.

2



Cook the barramundi

- Meanwhile, halve **snacking tomatoes**.
- When potato has **10 minutes** remaining, rub both sides of **barramundi** 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** until just cooked through, **3-4 minutes** each side.

TIP: Barramundi is cooked when the centre turns from translucent to white.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Coat chicken and heat pan as above. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side.

4



Serve up

- Divide Aussie-spiced barramundi, cheesy roast potatoes and tomato-rocket salad between plates.
- Serve with **mayonnaise**. Enjoy!

Rate your recipe

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