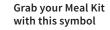


# Seared Barramundi & Fries

with Apple Salad & Dill-Parsley Mayo

CLIMATE SUPERSTAR











Cucumber







Mixed Salad

Barramundi





**Balsamic Vinaigrette** Dressing



Dill & Parsley Mayonnaise





Prep in: 15-25 mins Ready in: 30-40 mins

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 fries, a sweet and tart apple salad and herby mayo for dipping, you won't even miss the deep-fried version.

**Pantry items** Olive Oil, Plain Flour

# 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  $\cdot$  Large frying pan

#### Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato fries	1 medium bag	1 large bag		
apple	1	2		
cucumber	1	2		
Aussie spice blend	1 medium sachet	1 large sachet		
plain flour*	1 tsp	2 tsp		
barramundi	1 small packet	2 small packets OR 1 large packet		
mixed salad leaves	1 small bag	1 medium bag		
balsamic vinaigrette dressing	1 packet	2 packets		
dill & parsley mayonnaise	1 medium packet	1 large packet		
barramundi**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2431kJ (581Cal)	460kJ (110Cal)
Protein (g)	31.9g	6g
Fat, total (g)	32.6g	6.2g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	37.9g	7.2g
- sugars (g)	10.6g	2g
Sodium (mg)	692mg	131mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3099kJ (741Cal)	463kJ (111Cal)
Protein (g)	57.1g	8.5g
Fat, total (g)	39g	5.8g
- saturated (g)	7.2g	1.1g
Carbohydrate (g)	37.9g	5.7g
- sugars (g)	10.6g	1.6g
Sodium (mg)	751mg	112mg

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.



Scan here if you have any questions or concerns





#### 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 fries until tender, 20-25 minutes.

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



#### Cook the barramundi

- When the fries have 10 minutes remaining, 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: Cook barramundi in batches for the best results.



# Get prepped

- Meanwhile, slice **apple** into thin sticks. Thinly slice **cucumber** into rounds.
- On a plate, combine Aussie spice blend, the plain flour and a pinch of pepper.
- Press barramundi, skin-side up, into the spice mixture to coat.

**Custom Recipe:** If you've doubled your barramundi, increase the plain flour to 1 tbs for 2 people / 2 tbs for 4 people. Combine plain flour with Aussie spice blend and coat barramundi as above.



# Toss the salad & serve up

- In a medium bowl, combine apple, cucumber, mixed salad leaves and balsamic vinaigrette dressing. Season.
- Divide seared barramundi, fries and apple salad between plates. Serve with dill & parsley mayonnaise. Enjoy!

