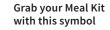


Seared Barramundi & Fries

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		

^{*}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!

