



Seared Barramundi & Fries

with Apple Salad & Dill-Parsley Mayo

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Potato Fries



Apple



Cucumber



Aussie Spice Blend



Barramundi



Mixed Salad Leaves



Balsamic Vinaigrette Dressing



Dill & Parsley Mayonnaise



Barramundi

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



Carb Smart*
**Custom Recipe is not Carb Smart*

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.

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

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 · Large frying pan

Ingredients

	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.

We're here to help!

Scan here if you have any questions or concerns



1



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.

3



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.

2



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.

4



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!

Rate your recipe

Our Culinary team is waiting for your feedback!
Let them know what you thought: hellofresh.com.au/rate