

# Seared Mexican-Spiced Barramundi

with Roast Veggies, Tomato-Corn Salsa & Garlic Aioli

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Snacking Tomatoes



Spring Onion



Sweetcorn



Mexican Fiesta Spice Blend



Barramundi




Garlic Aioli



Salmon

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

 Eat Me First

Watch as the Mexican spices combine with the natural mellow and buttery flavours of the barramundi, while your sweet potato crisps up in the oven. All that is left for you to do, is to whip up a quick and tasty salsa!

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

### Pantry items

Olive Oil, Plain Flour, Butter, White Wine Vinegar

## 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
sweet potato	2	4
capsicum	1	2
snacking tomatoes	1 punnet	2 punnets
spring onion	1 stem	2 stems
sweetcorn	1 tin (125g)	1 tin (300g)
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
<b>plain flour*</b>	½ tbs	1 tbs
barramundi	1 small packet	2 small packets OR 1 large packet
<b>butter*</b>	20g	40g
<b>white wine vinegar*</b>	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
salmon**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2820kJ (674Cal)	434kJ (104Cal)
Protein (g)	33.8g	5.2g
Fat, total (g)	39.4g	6.1g
- saturated (g)	10.2g	1.6g
Carbohydrate (g)	45.3g	7g
- sugars (g)	20g	3.1g
Sodium (mg)	905mg	139mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3409kJ (815Cal)	524kJ (125Cal)
Protein (g)	37.1g	5.7g
Fat, total (g)	53.3g	8.2g
- saturated (g)	11.4g	1.8g
Carbohydrate (g)	46.4g	7.1g
- sugars (g)	20g	3.1g
Sodium (mg)	903mg	139mg

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



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** and **capsicum** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

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



## Cook the barramundi

- **SPICY!** You may find the spice blend hot. Add less if you're sensitive to heat and substitute with a little more flour. On a plate, combine **Mexican Fiesta spice blend**, the **plain flour**, the **salt** and a pinch of **pepper**. Add **barramundi**, gently turning to coat.
- Return frying pan to medium-high heat with the **butter** and a drizzle of **olive oil**. When oil is hot, cook **barramundi** until just cooked through, **3-4 minutes** each side (depending on thickness).

**TIP:** Barramundi is cooked through when it turns from translucent to white.

**Custom Recipe:** If you've swapped to salmon, pat salmon dry, then coat in the spice mixture as above. Heat pan as above, then cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side.



## Get prepped

- Meanwhile, roughly chop **snacking tomatoes**.
- Thinly slice **spring onion**.
- Drain **sweetcorn**.



## Make the salsa

- While barramundi is cooking, to the bowl with corn, add **tomato** and **spring onion**.
- Add a drizzle of the **white wine vinegar** and **olive oil**.
- Toss to coat. Season to taste.



## Char the corn

- Heat a large frying pan over high heat. Cook **corn**, tossing, until lightly browned, **4-5 minutes**.
- Transfer to a medium bowl. Set aside to cool slightly.

**TIP:** Cover the pan with a lid if the kernels are 'popping' out.



## Serve up

- Divide Mexican-spiced barramundi and roast veggies between plates.
- Spoon any pan juices and the spring onion and corn salsa over the barramundi.
- Serve with a dollop of **garlic aioli**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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