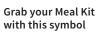


Mediterranean Barramundi & Summer Veg Risoni

with Creamy Pesto Dressing

MEDITERRANEAN

CLIMATE SUPERSTAR











Risoni

Barramundi





Creamy Pesto

Dressing

Mediterranean Seasoning



Baby Spinach Leaves



Mustard Cider Dressing







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

Tender barramundi is the perfect protein to complement tonight's risoni. Packed with some colourful veggies and Mediterranean flavours, let us transport you to memories of salty air, sunny shores and delicious food with this fish dish!



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 saucepan \cdot Large frying pan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
risoni	1 medium packet	1 large packet
salt*	1/4 tsp	½ tsp
barramundi	1 medium packet	2 medium packets OR 1 large packet
Mediterranean seasoning	½ sachet	1 sachet
baby spinach leaves	1 small bag	1 medium bag
mustard cider dressing	1 packet	2 packets
creamy pesto dressing	1 packet (50g)	1 packet (100g)
fetta cubes**	1 medium packet	1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2870kJ (686Cal)	641kJ (153Cal)
Protein (g)	38.2g	8.5g
Fat, total (g)	29.5g	6.6g
- saturated (g)	4.8g	1.1g
Carbohydrate (g)	64.9g	14.5g
- sugars (g)	7.8g	1.7g
Sodium (mg)	1214mg	271mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3010kJ (719Cal)	654kJ (156Cal)
Protein (g)	40.4g	8.8g
Fat, total (g)	32.2g	7g
- saturated (g)	6.7g	1.5g
Carbohydrate (g)	64.9g	14.1g
- sugars (g)	7.8g	1.7g
Sodium (mg)	1427mg	310mg

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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut carrot into bite-sized chunks.
- Slice **zucchini** into half-moons.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat and roast until tender,
 20-25 minutes.



Cook the risoni

- When veggies have 10 minutes remaining, half-fill a large saucepan with water, then bring to the boil over high heat.
- Cook risoni in boiling water until 'al dente',
 7-8 minutes.
- Drain risoni, then return to saucepan. Add the salt and a drizzle of olive oil, stirring to coat.



Prep the barramundi

Meanwhile, pat barramundi dry with a paper towel.

TIP: Patting the skin dry helps it crisp up in the pan!



Cook the barramundi

- 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).
- In the last minute of cook time, sprinkle
 Mediterranean seasoning (see ingredients)
 over barramundi, turning to coat.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Toss the roast veggie risoni

- To pan with risoni, add roasted veggies, baby spinach leaves and mustard cider dressing.
- · Toss to combine and season to taste.



Serve up

- Divide roast veggie risoni between plates.
- Top with Mediterranean barramundi.
- Drizzle over creamy pesto dressing to serve. Enjoy!

Custom Recipe: If you've added fetta cubes, crumble fetta over barramundi to serve.



Scan here if you have any questions or concerns





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