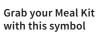


Mediterranean Barramundi & Summer Veg Risoni

with Creamy Pesto Dressing

MEDITERRANEAN

CLIMATE SUPERSTAR













Barramundi

Baby Spinach

Risoni



Mediterranean Seasoning



Mustard Cider



Dressing

Dressing





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

Eat Me First

Tender barramundi is the perfect protein to compliment 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!

Pantry items Olive Oil



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

AJ

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 saucepan · Large

Ingredients

_		
	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)	2918kJ (697Cal)	652kJ (156Cal)
Protein (g)	38.9g	8.7g
Fat, total (g)	30.6g	6.8g
- saturated (g)	4.7g	1.1g
Carbohydrate (g)	64.9g	14.5g
- sugars (g)	7.8g	1.7g
Sodium (mg)	1220mg	273mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3058kJ (731Cal)	665kJ (159Cal)
Protein (g)	41.1g	8.9g
Fat, total (g)	33.4g	7.3g
- saturated (g)	6.5g	1.4g
Carbohydrate (g)	64.9g	14.1g
- sugars (g)	7.8g	1.7g
Sodium (mg)	1432mg	311mg

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.

