



Garlic & Herb Barramundi

with Roast Veggie Toss & Creamy Pesto Dressing

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Brown Onion



Pepitas



Garlic & Herb Seasoning



Barramundi



Baby Spinach Leaves



Creamy Pesto Dressing



Chicken Breast

Prep in: 25-35 mins
Ready in: 35-45 mins

Calorie Smart

Eat Me First

We've kept this one nice and simple so you can spend less time cooking which allows you to get to eating, quicker! Let your roast veggies crisp up in the oven, while you sear barramundi fillets on the stovetop. Don't forget the creamy pesto dressing and pepitas which are essential garnishes!

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

Pantry items

Olive Oil, Balsamic 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
olive oil*	refer to method	refer to method
sweet potato	2	4
carrot	1	2
brown onion	1	2
pepitas	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
barramundi	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 small packet	1 medium packet
balsamic vinegar*	1 ½ tsp	3 tsp
creamy pesto dressing	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2602kJ (621Cal)	476kJ (113Cal)
Protein (g)	35.5g	6.5g
Fat, total (g)	34.3g	6.3g
- saturated (g)	5.6g	1g
Carbohydrate (g)	44.2g	8.1g
- sugars (g)	22.1g	4g
Sodium (mg)	600mg	110mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2601kJ (621Cal)	455kJ (108Cal)
Protein (g)	46.2g	8.1g
Fat, total (g)	29.3g	5.1g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	43.2g	7.6g
- sugars (g)	21.4g	3.7g
Sodium (mg)	606mg	106mg

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.

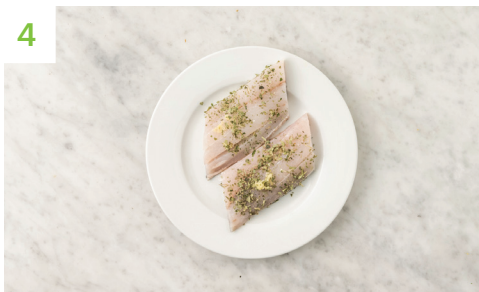
We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** and **carrot** into bite-sized chunks.
- Cut **brown onion** into thick wedges.



Flavour the barramundi

- Combine **garlic & herb seasoning** and a pinch of **salt** and **pepper** on a plate.
- Press **barramundi** into seasoning, turning to coat.



Roast the veggies

- Place prepped **veggies** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Bake until tender, **25-30 minutes**.

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

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken and slice through horizontally to make two thin steaks. In a medium bowl, combine chicken, garlic & herb seasoning and a drizzle of olive oil. Toss to coat.



Cook the barramundi

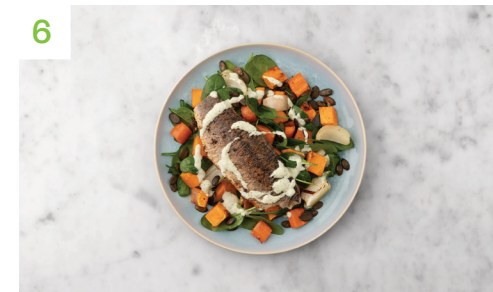
- When the veggies have **10 minutes** remaining, return frying pan to medium heat with a drizzle of **olive oil**.
- When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **5-6 minutes** each side (depending on thickness).
- When the veggies are done, add **baby spinach leaves** and the **balsamic vinegar** to the roast veggie tray. Gently toss to combine.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until browned and cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).



Toast the pepitas

- Meanwhile, heat a large frying pan over medium-high heat. Toast **pepitas**, stirring, until golden, **3-4 minutes**.
- Transfer to a small bowl.



Serve up

- Divide roast veggie toss between plates.
- Sprinkle with pepitas.
- Top with garlic and herb barramundi. Drizzle with **creamy pesto dressing** to serve. Enjoy!

Rate your recipe

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