

Seared Barramundi & Zesty Olive Couscous Salad

with Garlic-Chilli Oil & Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Tomato



Baby Spinach Leaves



Kalamata Olives



Garlic



Lemon



Chilli Flakes (Optional)



Chicken-Style Stock Powder



Lemon Pepper Seasoning



Couscous



Barramundi



Greek-Style Yoghurt



Barramundi

Prep in: 20-30 mins
Ready in: 25-35 mins

Calorie Smart

Eat Me First

New flavour alert: Raise barramundi to the next level by adding a garlic-chilli oil to take things up a notch. To cool things down, lemon-pepper couscous is the perfect addition, especially when topped with Greek yoghurt.

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

Pantry items

Olive Oil, 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
baby spinach leaves	1 medium packet	1 large packet
kalamata olives	1 packet	2 packets
garlic	1 clove	2 cloves
lemon	½	1
chilli flakes (optional)	pinch	pinch
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
lemon pepper seasoning	1 medium sachet	2 medium sachets
couscous	1 medium packet	1 large packet
barramundi	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
barramundi**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1950kJ (466Cal)	504kJ (120Cal)
Protein (g)	36.3g	9.4g
Fat, total (g)	15.2g	3.9g
- saturated (g)	4.1g	1.1g
Carbohydrate (g)	44.4g	11.5g
- sugars (g)	8.4g	2.2g
Sodium (mg)	1206mg	312mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2690kJ (643Cal)	511kJ (122Cal)
Protein (g)	62.5g	11.9g
Fat, total (g)	23.3g	4.4g
- saturated (g)	6.4g	1.2g
Carbohydrate (g)	45.8g	8.7g
- sugars (g)	9.1g	1.7g
Sodium (mg)	1272mg	241mg

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

- Roughly chop **tomato**, **baby spinach leaves** and **kalamata olives**.
- Finely chop **garlic**.
- Cut **lemon** into wedges.
- In a medium heatproof bowl, add **garlic**, **chilli flakes** (if using), a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Microwave in **10 second** bursts, until fragrant.



Cook the barramundi

- Meanwhile, pat **barramundi** dry with a paper towel and season generously on both sides.
- 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, **3-5 minutes** each side (depending on thickness).

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

Custom Recipe: If you've doubled your barramundi, prepare and cook barramundi as above. Cook in batches if your pan is getting crowded.



Make the couscous

- In a medium saucepan, combine the **water**, **chicken-style stock powder** and **lemon pepper seasoning** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Add a squeeze of **lemon juice** and fluff up with fork.



Make the salad & serve up

- Add tomato, spinach, olives and a drizzle of olive oil and **white wine vinegar** to the pan with couscous. Toss to combine and season to taste.
- Divide lemon pepper couscous salad between bowls. Top with barramundi. Drizzle over garlic-**chilli** oil.
- Serve with **Greek-style yoghurt**. Serve with remaining lemon and sprinkle over any remaining **chilli flakes** (if using). Enjoy!

Rate your recipe

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