



Greek-Style Barramundi & Honey Roasted Veggies

with Garlic Yoghurt

MEDITERRANEAN

DIETITIAN APPROVED

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Zucchini



Brown Onion



Barramundi



Garlic



Greek-Style Yoghurt



Baby Spinach Leaves

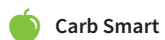


Chilli Flakes (Optional)



Barramundi

Prep in: 15-25 mins
Ready in: 35-45 mins



Carb Smart

Eat Me First

Be transported to a Mediterranean oasis with the tenderness of barramundi and sweetness of honey roast veggies. Tangy, garlicky yoghurt serves as the perfect accompaniment to this colourful dish.

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

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

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

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
zucchini	1	2
brown onion	1	2
salt*	¼ tsp	½ tsp
barramundi	1 medium packet	2 medium packets OR 1 large packet
garlic	1 clove	2 cloves
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
honey*	½ tbs	1 tbs
vinegar* (white wine or balsamic)	drizzle	drizzle
chilli flakes  (optional)	pinch	pinch
barramundi**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1410kJ (337Cal)	248kJ (59Cal)
Protein (g)	35.1g	6.2g
Fat, total (g)	9.6g	1.7g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	27.7g	4.9g
- sugars (g)	17.7g	3.1g
Sodium (mg)	376mg	66mg
Dietary Fibre (g)	8.4g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2126kJ (508Cal)	300kJ (72Cal)
Protein (g)	61g	8.6g
Fat, total (g)	17.1g	2.4g
- saturated (g)	5.7g	0.8g
Carbohydrate (g)	28.9g	4.1g
- sugars (g)	18.4g	2.6g
Sodium (mg)	440mg	62mg
Dietary Fibre (g)	8.4g	1.2g

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



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato, carrot** and **zucchini** into bite-sized chunks.
- Cut **brown onion** into thick wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle over the **salt** and season with **pepper**. Toss to coat.
- Roast until tender, **25-30 minutes**. Allow to cool slightly.

3



Make the garlic yoghurt

- While barramundi is baking, finely chop **garlic**.
- In a small microwave-safe bowl, combine **garlic** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Microwave in **30 second** bursts, until fragrant.
- Add **Greek-style yoghurt** and stir to combine.

2



Bake the barramundi

- When veggies have **10 minutes** remaining, place **barramundi** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper**, and gently turn to coat.
- Bake until barramundi is just cooked through, **8-12 minutes**.

Custom Recipe: If you've doubled your barramundi, prepare and bake barramundi as above. Divide barramundi between two lined oven trays if your tray is getting crowded.

4



Serve up

- Once veggies have slightly cooled, add **baby spinach leaves**, the **honey** and a drizzle of **vinegar** to the tray. Gently toss to combine.
- Divide honey roasted veggies between plates. Top with Greek-style barramundi and garlic yoghurt. Sprinkle with a pinch of **chilli flakes** (if using). Enjoy!

Rate your recipe

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