



Quick Barramundi & Zesty Couscous

with Dill-Parsley Mayonnaise

MEDITERRANEAN

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Lemon Pepper Seasoning



Vegetable Stock Powder



Couscous



Barramundi



Tomato



Carrot



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Barramundi

Prep in: 10-20 mins
Ready in: 20-30 mins

Calorie Smart*
**Custom recipe is not Calorie Smart*

Eat Me First

Delicate and flaky barramundi serves as the perfect accompaniment to a refreshing lemon-pepper couscous salad and a generous drizzle of creamy, tangy mayonnaise.

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
garlic	1 clove	2 cloves
water*	¾ cup	1½ cups
lemon pepper seasoning	1 medium sachet	2 medium sachets
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
barramundi	1 medium packet	2 medium packets OR 1 large packet
tomato	1	2
carrot	1	2
baby spinach leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
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)	2206kJ (527Cal)	651kJ (156Cal)
Protein (g)	32.9g	9.7g
Fat, total (g)	24.1g	7.1g
- saturated (g)	3.9g	1.2g
Carbohydrate (g)	43.9g	13g
- sugars (g)	8.6g	2.5g
Sodium (mg)	896mg	264mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2874kJ (687Cal)	600kJ (143Cal)
Protein (g)	58.1g	12.1g
Fat, total (g)	30.5g	6.4g
- saturated (g)	6.3g	1.3g
Carbohydrate (g)	44.6g	9.3g
- sugars (g)	9.3g	1.9g
Sodium (mg)	955mg	199mg

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



Make the garlic couscous

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Add **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water**, **lemon pepper seasoning** and **vegetable stock powder** 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**. Fluff up with a fork.

3



Toss the couscous salad

- While barramundi is cooking, roughly chop **tomato**.
- Using a vegetable peeler, peel **carrot** into ribbons.
- To pan with couscous, add **carrot**, **tomato**, **baby spinach leaves** and a drizzle of **white wine vinegar** and **olive oil**.
- Toss to combine and season to taste.

2



Cook the barramundi

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Pat **barramundi** dry with paper towel and sprinkle both sides with a pinch of **salt** and **pepper**.
- When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **5-6 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 extra barramundi as above. Cook barramundi in batches for best results.

4



Serve up

- Divide zesty couscous salad between bowls.
- Top with pan-fried barramundi.
- Drizzle with **dill & parsley mayonnaise** to serve. Enjoy!

Rate your recipe

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