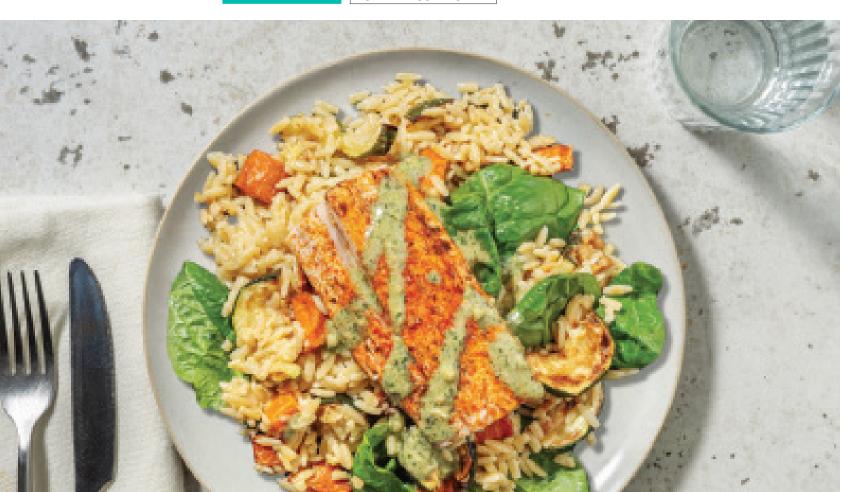
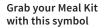


# Greek-Style Barramundi & Veggie Risoni with Creamy Pesto Dressing

MEDITERRANEAN

CLIMATE SUPERSTAR













Risoni

Barramundi





Mediterranean Seasoning

**Baby Spinach** 



Mustard Cider Dressing

Creamy Pesto Dressing



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

Tender barramundi is the perfect protein to complement tonight's risoni. Packed with some colourful veggies and



Eat Me First

Mediterranean flavours, let us transport you to memories of salty air, sunny shores and delicious food with this fish dish!

**Pantry items** Olive Oil

# 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  $\cdot$  Large saucepan  $\cdot$  Large frying pan

# Ingredients

3				
	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
zucchini	1	2		
risoni	1 medium packet	2 medium packets		
salt*	1/4 tsp	½ tsp		
barramundi	1 medium packet	2 medium packets OR 1 large packet		
Mediterranean seasoning	½ medium sachet	1 medium sachet		
baby spinach leaves	1 small packet	1 medium packet		
mustard cider dressing	1 packet	2 packets		
creamy pesto dressing	1 medium packet	1 large packet		
barramundi**	1 medium packet	2 medium packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2870kJ (686Cal)	641kJ (153Cal)
Protein (g)	38.4g	8.6g
Fat, total (g)	29.5g	6.6g
- saturated (g)	4.9g	1.1g
Carbohydrate (g)	65.8g	14.7g
- sugars (g)	8.7g	1.9g
Sodium (mg)	1215mg	272mg
Dietary Fibre (g)	4.5g	1g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3538kJ</b> (846Cal)	602kJ (144Cal)
Protein (g)	63.6g	10.8g
Fat, total (g)	35.8g	6.1g
- saturated (g)	7.4g	1.3g
Carbohydrate (g)	66.5g	11.3g
- sugars (g)	9.4g	1.6g
Sodium (mg)	1273mg	217mg
Dietary Fibre	4.5g	0.8g

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

Visit hellotresh.com.au/toodinto 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!

**Custom Recipe:** If you've doubled your barramundi, prepare extra barramundi as above.



# 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.

**Custom Recipe:** Cook barramundi in batches for best results.



# Toss the roast veggie risoni

- Add roasted veggies, baby spinach leaves and mustard cider dressing to the pan with risoni.
- Toss to combine and season to taste.



# Serve up

- Divide roast veggie risoni between plates.
- Top with Greek-style barramundi.
- Drizzle over creamy pesto dressing to serve. Enjoy!

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate