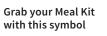


# Barramundi & Zesty Olive Couscous Salad

with Garlic-Chilli Oil & Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR











Kalamata Olives









Lemon





Chicken-Style



Seasoning

Stock Powder





Couscous

Barramundi



Greek-Style Yoghurt





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

Eat Me First



New flavour alert: take 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

#### Ingradients

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	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	1/2	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	2 medium packets OR 1 large packet		
white wine vinegar*	drizzle	drizzle		
Greek-style yoghurt	1 medium packet	1 large packet		
parsley	1 packet	1 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)	2063kJ (493Cal)	526kJ (126Cal)
Protein (g)	35.2g	9g
Fat, total (g)	18.5g	4.7g
- saturated (g)	5g	1.3g
Carbohydrate (g)	43.7g	11.2g
- sugars (g)	8.4g	2.1g
Sodium (mg)	1198mg	306mg
Dietary Fibre (g)	5.5g	1.4g
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2731kJ (653Cal)	<b>513kJ</b> (123Cal)
Protein (g)	60.4g	11.4g
Fat, total (g)	24.9g	4.7g
- saturated (g)	7.5g	1.4g
Carbohydrate (g)	44.4g	8.3g
- sugars (g)	9.1g	1.7g
Sodium (mg)	1257mg	236mg
Dietary Fibre	5.5g	1g

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.



## Get prepped

- Roughly chop tomato, baby spinach leaves and kalamata olives.
- Finely chop garlic.
- Cut lemon into wedges.
- In a medium microwave-safe 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.



#### 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.



#### Cook the barramundi

- Meanwhile, pat barramundi dry with a paper towel and season generously
- 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, in batches if your pan is getting crowded.



## 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 zesty olive couscous salad between bowls. Top with barramundi. Drizzle over garlic-chilli oil.
- Dollop over **Greek-style yoghurt**, tear over **parsley** and sprinkle over any remaining chilli flakes (if using). Serve with any remaining lemon wedges. Enjoy!

We're here to help! Scan here if you have any questions or concerns **2024** | CW19

