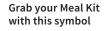


Easy Barramundi & Zesty Couscous with Dill-Parsley Mayonnaise

MEDITERRANEAN

CLIMATE SUPERSTAR











Lemon Pepper Seasoning



Vegetable Stock



Powder



Barramundi







Carrot

Baby Spinach Leaves



Dill & Parsley Mayonnaise





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

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.

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

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	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)	44g	13g
- sugars (g)	8.6g	2.5g
Sodium (mg)	905mg	267mg
Dietary Fibre (g)	4.9g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2874kJ (687Cal)	600kJ (143Cal)
Protein (g)	58.1g	12.1g
Fat, total (g)	30.4g	6.3g
- saturated (g)	6.3g	1.3g
Carbohydrate (g)	44.7g	9.3g
- sugars (g)	9.3g	1.9g
Sodium (mg)	964mg	201mg
Dietary Fibre	4.9g	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.

We're here to help!

Scan here if you have any questions or concerns





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 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 fork.



Toss the couscous

- 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.



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 as above, in batches for best results.



Serve up

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

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate