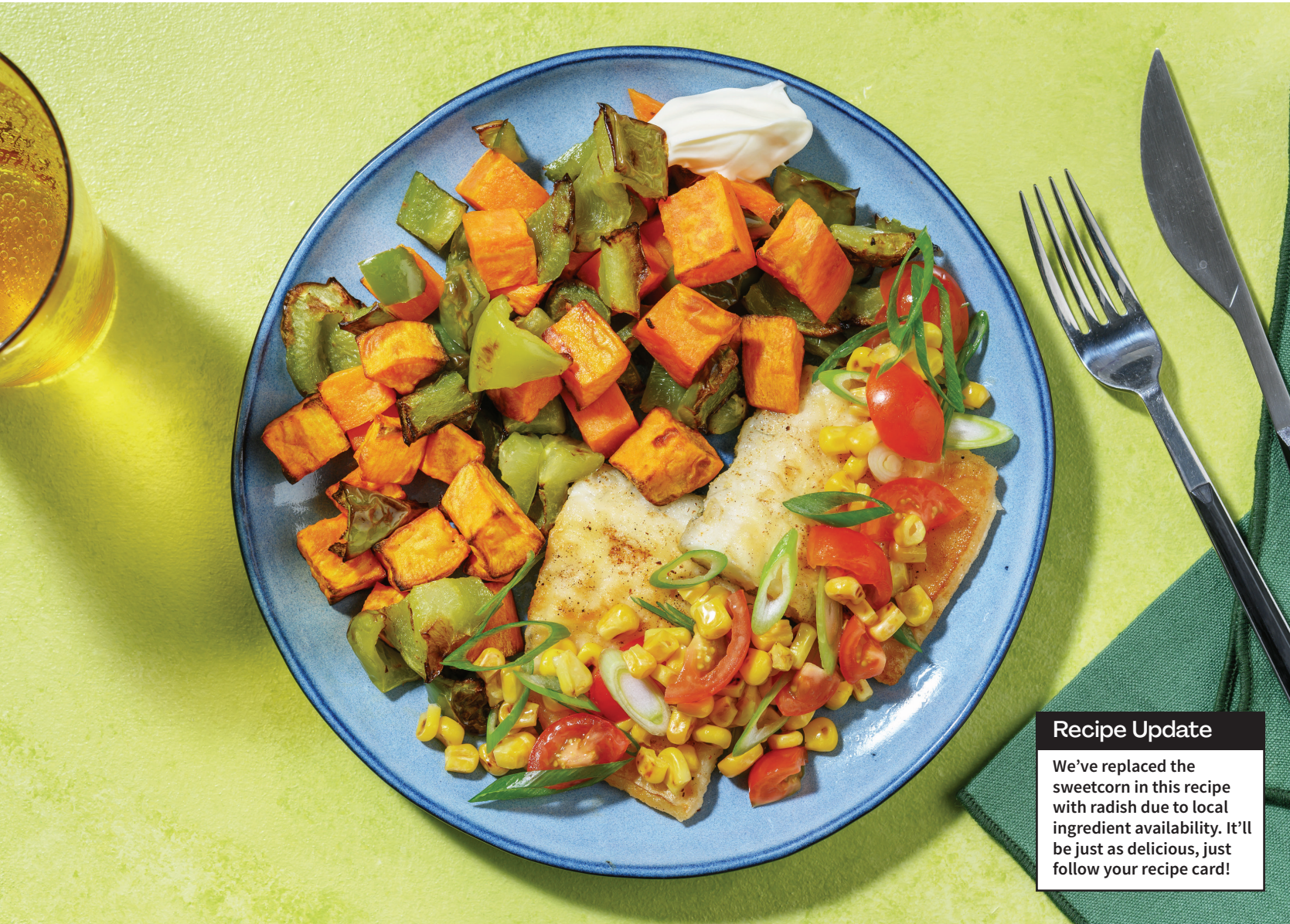


# Seared Mexican-Spiced Barramundi

with Roast Veggies, Tomato-Radish Salsa & Aioli

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Snacking Tomatoes



Spring Onion



Radish



Barramundi



Mexican Fiesta Spice Blend



Garlic Aioli




Barramundi

### Recipe Update

We've replaced the sweetcorn in this recipe with radish due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

 Eat Me Early

Watch as the Mexican spices combine with the natural mellow and buttery flavours of the barramundi, while your sweet potato crisps up in the oven. All that is left for you to do, is to whip up a quick and tasty salsa!

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

### Pantry items

Olive Oil, Plain Flour, Butter, 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
capsicum	1	2
snacking tomatoes	1 medium packet	2 medium packets
spring onion	1 stem	2 stems
radish	2	4
barramundi	1 medium packet	2 medium packets OR 1 large packet
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
<b>plain flour*</b>	½ tbs	1 tbs
<b>butter*</b>	20g	40g
<b>white wine vinegar*</b>	drizzle	drizzle
garlic aioli	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)	2778kJ (664Cal)	444kJ (106Cal)
Protein (g)	32g	5.1g
Fat, total (g)	38.6g	6.2g
- saturated (g)	10g	1.6g
Carbohydrate (g)	46.5g	7.4g
- sugars (g)	21g	3.4g
Sodium (mg)	799mg	128mg
Dietary Fibre (g)	9.3g	1.5g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3445kJ (823Cal)	450kJ (108Cal)
Protein (g)	57.2g	7.5g
Fat, total (g)	45g	5.9g
- saturated (g)	12.4g	1.6g
Carbohydrate (g)	47.2g	6.2g
- sugars (g)	21.7g	2.8g
Sodium (mg)	858mg	112mg
Dietary Fibre (g)	9.3g	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](https://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



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** and **capsicum** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



## Cook the barramundi

- In a large frying pan, heat the **butter** and a drizzle of **olive oil** over to 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).

**TIP:** Barramundi is cooked through when it turns from translucent to white.



## Get prepped

- Meanwhile, roughly chop **snacking tomatoes**.
- Thinly slice **spring onion** and **radish**.



## Make the salsa

- While barramundi is cooking, place **tomato**, **spring onion** and **radish** in a large bowl.
- Add a drizzle of **white wine vinegar** and **olive oil**. Toss to coat. Season to taste.



## Coat the barramundi

- Remove **barramundi** from packaging and pat dry with a paper towel.
- **SPICY!** You may find the spice blend hot. Add less if you're sensitive to heat and substitute with a little more flour. On a plate, combine **Mexican Fiesta spice blend**, the **plain flour** and a pinch of **salt** and **pepper**. Add **barramundi**, gently turning to coat.

**Custom Recipe:** If you've doubled your barramundi, prepare barramundi as above and cook in batches for best results.



## Serve up

- Divide Mexican-spiced barramundi and roast veggies between plates.
- Spoon any pan juices and the spring onion and corn salsa over the barramundi.
- Serve with a dollop of **garlic aioli**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)