



Greek-Style Barramundi & Veggie Risoni

with Creamy Pesto Dressing

ADAPT FOR KIDS

MEDITERRANEAN

Grab your Meal Kit with this symbol



Carrot



Zucchini



Risoni



Barramundi



Mediterranean Seasoning



Baby Spinach Leaves



Mustard Cider Dressing



Creamy Pesto Dressing



Barramundi

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

Eat Me Early

Tender barramundi is the perfect protein to complement tonight's risoni. Packed with some colourful veggies and Mediterranean flavours, let us transport you to memories of salty air, sunny shores and delicious food with this fish dish!

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

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 · Large saucepan · Large frying pan

Ingredients

| | 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* | ¼ 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 |

*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) | 3538kJ (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.

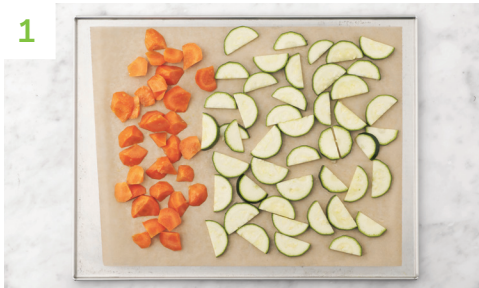
Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and 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 **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 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).
- Sprinkle a pinch of **Mediterranean seasoning (see ingredients)** over the adults' portion of barramundi, turning to coat.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

ADAPT FOR KIDS: Hold back on the spice! In the last minute of cook time, remove the kids' barramundi portion from the pan and transfer to serving plate.



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.



Toss the roast veggie risoni

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



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 barramundi and cook in batches for best results.



Serve up

- Divide roast veggie risoni between plates.
- Top with Mediterranean barramundi.
- Drizzle **creamy pesto dressing** over the adults' portion to serve. Enjoy!

Rate your recipe

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