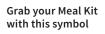


# Easy Barramundi & Zesty Olive Grain Salad

with Garlic-Chilli Oil & Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR









Kalamata Olives





Chilli Flakes (Optional)



Quinoa & Millet Blend

Lemon Pepper Seasoning

Parsley





Chicken-Style Stock Powder

Barramundi





Greek-Style Yoghurt

Recipe Update

We've replaced the couscous in this recipe with quinoa & millet blend due to local ingredient availability. It'll be just as delicious, just follow your

recipe card!

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

Eat Me Early



New flavour alert: Raise barramundi to the next level by adding a garlic-chilli oil to take things up a notch. To cool things down, this lemon-pepper grain salad is the perfect addition, especially when topped with Greek yoghurt.

**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 · Large frying pan

#### Ingredients

in ign concince			
	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	
quinoa & millet blend	1 medium packet	2 medium packets	
lemon pepper seasoning	1 medium sachet	2 medium sachets	
chicken-style stock powder	1 medium sachet	1 large sachet	
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 Posino		

Per Serving	Per 100g
2731kJ (653Cal)	513kJ (123Cal)
60.4g	11.4g
24.9g	4.7g
7.5g	1.4g
44.4g	8.3g
9.1g	1.7g
1257mg	236mg
5.5g	1g
	2731kJ (653Cal) 60.4g 24.9g 7.5g 44.4g 9.1g 1257mg

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 heatproof 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.



#### Cook the barramundi

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



## Cook the grain blend

- · Boil the kettle. Rinse quinoa & millet blend using a sieve.
- Half-fill a medium saucepan with the boiling water. Add quinoa & millet blend and a pinch of salt.
- Cook, uncovered, over high heat until tender, **12-15 minutes**. Drain.
- Return saucepan to medium-high heat with a drizzle of olive oil.
- Return quinoa & millet blend to pan, add lemon pepper seasoning and chicken-style stock powder and cook until fragrant, 1 minute.



#### Make the salad & serve up

- Add tomato, spinach, olives and a drizzle of olive oil and white wine vinegar
  to the pan with quinoa & millet blend. Toss to combine and season to taste.
- Divide lemon pepper grain 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!

