

# Easy Barramundi & Zesty Olive Grain Salad

with Garlic-Chilli Oil & Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Tomato



Baby Spinach Leaves



Kalamata Olives



Garlic



Lemon



Chilli Flakes (Optional)



Quinoa & Millet Blend



Lemon Pepper Seasoning



Chicken-Style Stock Powder



Barramundi



Greek-Style Yoghurt



Parsley



Barramundi

### 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

 Calorie Reduced

 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.

**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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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	½	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
<b>white wine vinegar*</b>	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

\*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)	513kJ (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 (g)	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](https://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!

We're here to help!

Scan here if you have any questions or concerns

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