



# Italian Baked Barramundi

with Kale Salad & Roast Sweet Potatoes

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

36



Sweet Potato



Barramundi



Tomato Sugo



Tomato



Cucumber



Kale & Spinach



Barramundi



Fetta Cubes

Prep in: 15-25 mins  
Ready in: 30-40 mins

Calorie Reduced

Eat Me First

Italian baked barramundi is on the menu tonight! With roast sweet potatoes and a kale and spinach salad to top it all off, you've got yourself an impressive dish that tastes just as good as it looks.

### Pantry items

Olive Oil, Brown Sugar, Butter, Vinegar (White Wine or Balsamic)

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Medium baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
barramundi	1 medium packet	2 medium packets OR 1 large packet
tomato sugo	1 packet	2 packets
<b>water*</b>	2 tbs	¼ cup
<b>brown sugar*</b>	½ tsp	1 tsp
<b>butter*</b>	10g	20g
tomato	1	2
cucumber	1	2
kale & spinach	1 medium packet	2 medium packets
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1482kJ (354Cal)	248kJ (59Cal)
Protein (g)	32.2g	5.4g
Fat, total (g)	6.7g	1.1g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	41.2g	6.9g
- sugars (g)	20.7g	3.5g
Sodium (mg)	716mg	120mg
Dietary Fibre (g)	8.9g	1.5g

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.

1



## Roast the sweet potatoes

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

3



## Make the salad

- While the fish is baking, cut **tomato** into thin wedges.
- Slice **cucumber** into rounds.
- In a large bowl, combine **kale & spinach**, **tomato**, **cucumber** and a drizzle of the **vinegar** and **olive oil**. Season to taste.

2



## Bake the fish

- Meanwhile, pat **barramundi** skin dry.
- In a baking dish, combine **tomato sugo**, the **water**, the **brown sugar** and the **butter**.
- To the baking dish, add **barramundi**, skin side up. Drizzle with **olive oil** and season with **salt** and **pepper**. Bake for **15-18 minutes**.

4



## Serve up

- Divide Italian baked fish, roast sweet potatoes and kale spinach salad between plates.
- Spoon tomato sauce over barramundi to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



CUSTOM  
OPTIONS

+ **DOUBLE BARRAMUNDI**  
Follow method above.

+ **ADD FETTA CUBES**  
Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

