



Seared Barramundi & Zesty Olive Couscous Salad

with Garlic-Chilli Oil & Yoghurt

MEDITERRANEAN

ADAPT FOR KIDS

CLIMATE SUPERSTAR

Grab your meal kit with this number

36



Tomato



Baby Spinach Leaves



Kalamata Olives



Garlic



Chilli Flakes (Optional)



Chicken-Style Stock Powder



Lemon Pepper Seasoning



Couscous



Lemon



Barramundi



Greek-Style Yoghurt



Parsley



Fetta Cubes



Barramundi

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, lemon-pepper couscous is the perfect addition, especially when topped with Greek yoghurt.

Pantry items

Olive Oil, White Wine Vinegar

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

Medium saucepan with a lid · Large frying pan

Ingredients

	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
chilli flakes (optional)	pinch	pinch
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
lemon pepper seasoning	1 sachet	2 sachets
couscous	1 medium packet	1 large packet
lemon	½	1
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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2082kJ (498Cal)	531kJ (127Cal)
Protein (g)	35.8g	9.1g
Fat, total (g)	18.5g	4.7g
- saturated (g)	5.1g	1.3g
Carbohydrate (g)	44.2g	11.3g
- sugars (g)	8.9g	2.3g
Sodium (mg)	1196mg	305mg
Dietary Fibre (g)	5.7g	1.5g

The quantities provided above are averages only.

Allergens

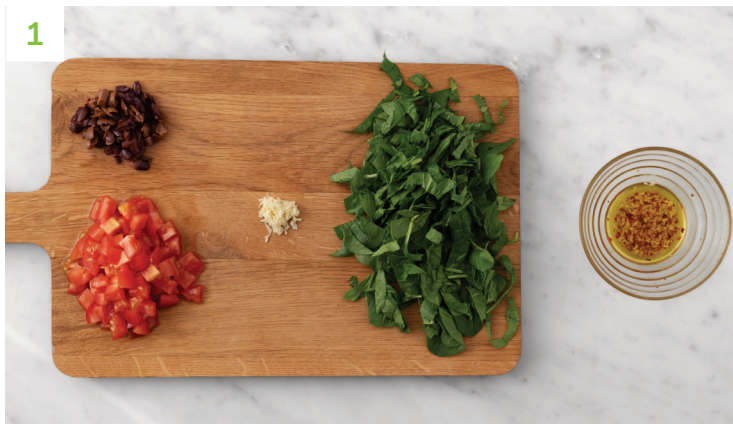
Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo 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

2024 | CW28



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 (patting the skin dry helps it crisp up in the pan!).
- 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).
- Add **tomato**, **spinach**, **olives** and a drizzle of **olive oil** and **white wine vinegar** to the pan with couscous. Toss to combine and season to taste.

ADAPT FOR KIDS: Reserve a portion of the salad for the kids without the olives!

CUSTOM OPTIONS

+ ADD FETTA CUBES
Sprinkle over before serving.

+ DOUBLE BARRAMUNDI
Follow method above, cooking in batches if necessary.

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



Make the couscous

- In a medium saucepan, combine the **water**, **chicken-style stock powder** and **lemon pepper seasoning** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Add a squeeze of **lemon juice** and fluff up with fork.



Serve up

- Divide zesty olive couscous salad between bowls for the adults. Top with seared barramundi, then 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!

ADAPT FOR KIDS: Divide reserved couscous salad and seared barramundi between plates. Serve with a dollop Greek-style yoghurt on the side.