

Barramundi & Honey Root Veggie Toss

with Garlic Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

36



Potato



Carrot



Beetroot



Red Onion



Mediterranean Seasoning



Barramundi



Garlic



Greek-Style Yoghurt



Baby Spinach Leaves



Chilli Flakes (Optional)



Barramundi



Salmon

Prep in: 15-25 mins
Ready in: 35-45 mins

Calorie Reduced

Eat Me Early

Be transported to a Mediterranean oasis with the tenderness of barramundi and sweetness of honey roast veggies. Tangy, garlicky yoghurt serves as the perfect accompaniment to this colourful dish.

Pantry items

Olive Oil, Honey, 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

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
beetroot	1	2
red onion	1	2
Mediterranean seasoning	1 sachet	2 sachets
barramundi	1 medium packet	2 medium packets OR 1 large packet
salt*	¼ tsp	½ tsp
garlic	1 clove	2 cloves
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
honey*	½ tbs	1 tbs
vinegar* (white wine or balsamic)	drizzle	drizzle
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1719kJ (411Cal)	303kJ (72Cal)
Protein (g)	34.5g	6.1g
Fat, total (g)	13.4g	2.4g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	37.6g	6.6g
- sugars (g)	26.2g	4.6g
Sodium (mg)	1218mg	215mg
Dietary Fibre (g)	11.7g	2.1g

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 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 | CW29



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks.
- Cut **beetroot** into small chunks.
- Cut **red onion** into thick wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **Mediterranean seasoning** and season with **pepper**. Toss to coat.
- Roast until tender, **25-30 minutes**. Allow to cool slightly.

3



Make the garlic yoghurt

- While barramundi is baking, finely chop **garlic**.
- In a small microwave-safe bowl, combine **garlic** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Microwave in **30 second** bursts, until fragrant.
- Add **Greek-style yoghurt** and stir to combine.

2



Bake the barramundi

- When veggies have **10 minutes** remaining, place **barramundi** on a second lined oven tray. Drizzle with **olive oil**, season with the **salt** and **pepper** and gently turn to coat.
- Bake until barramundi is just cooked through, **8-12 minutes**.

4



Serve up

- Once veggies have slightly cooled, add **baby spinach leaves**, the **honey** and a drizzle of **vinegar** to tray. Gently toss to combine.
- Divide honey root veggie toss between plates.
- Top with barramundi and a dollop of garlic yoghurt.
- Sprinkle with a pinch of **chilli flakes** (if using). Enjoy!

CUSTOM OPTIONS



DOUBLE BARRAMUNDI

Follow method above, cooking in batches if necessary.



SWAP TO SALMON

Follow method above.

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

