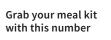


# Barramundi & Honey Root Veggie Toss

with Garlic Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR













Beetroot

**Red Onion** 





Mediterranean Seasoning

Barramundi





Greek-Style Yoghurt



Baby Spinach Leaves

Chilli Flakes (Optional)









## 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*	1/4 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

<sup>\*</sup>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.



## 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.



#### 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.



# 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.



## 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!





