

# Barramundi & Sweet Potato Super Bowl

with Pickled Cucumber, Fetta & Everything Garnish

GOLD MEDAL MEALS

Grab your meal kit with this number

32



Sweet Potato



Cucumber



Tomato



Red Onion



Savoury Seasoning



Barramundi



Mixed Salad Leaves



Everything Garnish



Fetta Cubes



Ranch Dressing

Prep in: 20-30 mins  
Ready in: 30-40 mins

 Calorie Smart

 Protein Rich

 Eat Me First

This dish is a true feast for champions! Dive into this vibrant bowl packed with seared barramundi, a crisp salad, tender sweet potato chunks, pickled cucumber and a sublime ranch dressing. You'll be racing to devour this meal in no time!

### Pantry items

Olive Oil, White Wine Vinegar, 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
cucumber	1	2
tomato	1	2
red onion	1	2
savoury seasoning	1 sachet	2 sachets
<b>white wine vinegar*</b>	¼ cup	½ cup
barramundi	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
everything garnish	1 sachet	2 sachets
fetta cubes	1 medium packet	1 large packet
ranch dressing	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2145kJ (513Cal)	342kJ (82Cal)
Protein (g)	36.4g	5.8g
Fat, total (g)	21.7g	3.5g
- saturated (g)	5.9g	0.9g
Carbohydrate (g)	42.8g	6.8g
- sugars (g)	22.2g	3.5g
Sodium (mg)	1105mg	176mg
Dietary Fibre (g)	12.3g	2g

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

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks.
- Thinly slice **cucumber** into rounds.
- Roughly chop **tomato**.
- Finely chop **red onion**.

**TIP:** Slicing the cucumber very thinly helps it pickle faster!



## Cook the fish

- When sweet potato has **5 minutes** remaining, 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, **5-6 minutes** each side (depending on thickness).



## Roast the sweet potato

- Place **sweet potato** and **onion** on a lined oven tray. Sprinkle with **savoury seasoning**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



## Toss the salad

- In a second medium bowl, combine **tomato**, **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste with **salt** and **pepper**.



## Pickle the cucumber

- Meanwhile, in a medium bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to pickling liquid. Add enough **water** to just cover cucumber. Set aside.



## Serve up

- Drain cucumber.
- Divide sweet potato, onion, mixed salad and pickled cucumber between bowls.
- Top with barramundi and a sprinkle of **everything garnish**.
- Crumble over **fetta cubes**.
- Drizzle over **ranch dressing** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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