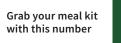


Easy Barramundi & Zesty Couscous with Dill-Parsley Mayonnaise

MEDITERRANEAN

CLIMATE SUPERSTAR









Lemon Pepper Seasoning



Couscous

Barramundi





Tomato

Carrot





Baby Spinach Leaves

Dill & Parsley Mayonnaise





Prep in: 10-20 mins Ready in: 20-30 mins

Eat Me Early





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
garlic	1 clove	2 cloves
water*	¾ cup	1½ cups
lemon pepper seasoning	1 sachet	2 sachets
salt*	1/4 tsp	½ tsp
couscous	1 medium packet	1 large packet
barramundi	1 medium packet	2 medium packets OR 1 large packet
tomato	1	2
carrot	1	2
baby spinach leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
* Dantry Itoms		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2225kJ (532cal)	317kJ (76cal)
Protein (g)	33.5g	4.8g
Fat, total (g)	24.1g	3.4g
- saturated (g)	3.9g	0.6g
Carbohydrate (g)	44.4g	6.3g
- sugars (g)	9.1g	1.3g
Sodium (mg)	903mg	128.4mg
Dietary Fibre (g)	5.1g	0.7g

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.



Make the garlic couscous

- Finely chop garlic. In a medium saucepan, heat a drizzle of olive oil over medium-high heat.
- Add garlic and cook, until fragrant, 1 minute. Add the water, lemon pepper seasoning and salt, then 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**. Fluff up with fork.



Cook the barramundi

- Meanwhile, in a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Pat barramundi dry with a paper towel and sprinkle both sides with a pinch of salt and pepper.
- When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **5-6 minutes** each side (depending on thickness).

TIP: Patting the skin dry helps it crisp up in the pan!



Toss the couscous salad

- While barramundi is cooking, roughly chop **tomato**.
- Using a vegetable peeler, peel carrot into ribbons.
- Add carrot, tomato, baby spinach leaves and a drizzle of white wine vinegar and olive oil to pan with couscous.
- · Toss to combine and season to taste.



Serve up

- Divide zesty couscous between bowls.
- Top with barramundi.
- Drizzle with dill & parsley mayonnaise to serve. Enjoy!



