



Barramundi & Zesty Veggie Wholemeal Couscous with Dill-Parsley Mayonnaise

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

36



Garlic



Lemon Pepper Seasoning



Wholemeal Couscous



Barramundi



Snacking Tomatoes



Carrot



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Barramundi



Chicken Breast

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

Calorie Smart

Protein Rich

Eat Me Early

Delicate and flaky barramundi serves as the perfect accompaniment to a refreshing lemon-pepper wholemeal couscous salad and a generous drizzle of creamy, tangy mayonnaise.

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
garlic	1 clove	2 cloves
water*	¾ cup	1½ cups
lemon pepper seasoning	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
wholemeal couscous	1 packet	2 packets
barramundi	1 medium packet	2 medium packets OR 1 large packet
snacking tomatoes	1 medium packet	2 medium packets
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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2221kJ (531cal)	284kJ (68cal)
Protein (g)	33.1g	4.2g
Fat, total (g)	24.1g	3.1g
- saturated (g)	3.9g	0.5g
Carbohydrate (g)	44.5g	5.7g
- sugars (g)	7.4g	0.9g
Sodium (mg)	912mg	116.5mg
Dietary Fibre (g)	5.9g	0.8g

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.

1



Make the garlic wholemeal 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 the **salt**, then bring to the boil.
- Add **wholemeal couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **6 minutes**. Fluff up with fork.

3



Toss the couscous salad

- While barramundi is cooking, halve **snacking tomatoes**. Using a vegetable peeler, peel **carrot** into ribbons.
- To pan with couscous, add **tomatoes**, **carrot**, **baby spinach leaves** and a drizzle of **white wine vinegar** and **olive oil**.
- Toss to combine and season to taste.

2



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!*

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



CUSTOM OPTIONS



DOUBLE BARRAMUNDI

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

