



Greek-Style Barramundi & Veggie Risoni

with Creamy Pesto Dressing

MEDITERRANEAN

Grab your meal kit with this number

36



Carrot



Zucchini



Risoni



Barramundi



Mediterranean Seasoning



Baby Spinach Leaves



Mustard Cider Dressing



Creamy Pesto Dressing



Peeled Prawns



Barramundi

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

Calorie Smart

Protein Rich

Eat Me Early

Tender barramundi is the perfect protein to complement tonight's risoni. Packed with some colourful veggies and Mediterranean flavours, let us transport you to memories of salty air, sunny shores and delicious food with this fish dish!

Pantry items

Olive Oil

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
risoni	1 medium packet	2 medium packets
salt*	¼ tsp	½ tsp
barramundi	1 medium packet	2 medium packets OR 1 large packet
Mediterranean seasoning	½ sachet	1 sachet
baby spinach leaves	1 small packet	1 medium packet
mustard cider dressing	1 packet	2 packets
creamy pesto dressing	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2870kJ (686cal)	314kJ (75cal)
Protein (g)	38.4g	4.2g
Fat, total (g)	29.5g	3.2g
- saturated (g)	4.9g	0.5g
Carbohydrate (g)	65.8g	7.2g
- sugars (g)	8.7g	1g
Sodium (mg)	1215mg	132.8mg
Dietary Fibre (g)	4.5g	0.5g

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://www.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 | CW39



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** into bite-sized chunks.
- Slice **zucchini** into half-moons.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat and roast until tender, **20-25 minutes**.



Cook the barramundi

- 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).
- In the **last minute** of cook time, sprinkle over **Mediterranean seasoning** (see ingredients) over the barramundi, turning to coat.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Cook the risoni

- When veggies have **10 minutes** remaining, half-fill a large saucepan with water, then bring to the boil over high heat.
- Cook **risoni** in boiling water until 'al dente', **7-8 minutes**.
- Drain **risoni**, then return to saucepan. Add the **salt** and a drizzle of **olive oil**, stirring to coat.



Toss the roast veggie risoni

- To pan with risoni, add **roasted veggies**, **baby spinach leaves** and **mustard cider dressing**. Toss to combine and season to taste.



Prep the barramundi

- Meanwhile, pat **barramundi** dry with a paper towel.

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



Serve up

- Divide veggie risoni between bowls.
- Top with Greek-style barramundi.
- Drizzle over **creamy pesto dressing** to serve. Enjoy!

CUSTOM OPTIONS



ADD PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.



DOUBLE BARRAMUNDI

Follow method above, cooking in batches if necessary.

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

