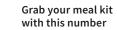


# Greek-Style Barramundi & Veggie Risoni with Creamy Pesto Dressing

MEDITERRANEAN











Risoni

Barramundi





Mediterranean Seasoning

**Baby Spinach** 





Creamy Pesto Mustard Cider Dressing Dressing

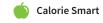




Peeled Prawns

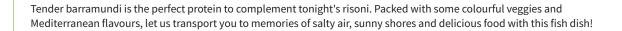
Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early





**Protein Rich** 



## 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

## **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*	1/4 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)	<b>314kJ</b> (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

4.5g

The quantities provided above are averages only.

## Allergens

Dietary Fibre (g)

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 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 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.



## Prep the barramundi

• Meanwhile, pat barramundi dry with a paper towel.

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



#### 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!



## 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.



## Serve up

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





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



if necessary.

We're here to help!