



Quick Barramundi & Zesty Olive Couscous Salad

with Gourmet Garden Basil & Garlic-Chilli Oil

MEDITERRANEAN

AIR FRYER FRIENDLY

Grab your meal kit with this number

36



Tomato



Baby Spinach Leaves



Kalamata Olives



Garlic



Mint



Lemon



Chilli Flakes (Optional)



Lightly Dried Basil



Lemon Pepper Seasoning



Couscous



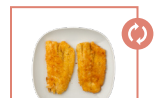
Barramundi



Greek-Style Yoghurt



Barramundi



Crumbed Basa

Prep in: 20-30 mins
Ready in: 25-35 mins

Calorie Smart

Protein Rich

Eat Me Early

Gourmet Garden's Aussie grown basil is lightly dried for a fresher flavour and lasts four weeks once opened. Raise barramundi to the next level by adding this stellar herb to a garlic-chilli oil to take things up a notch.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash hands and fresh veggies.

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 · Air fryer or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
baby spinach leaves	1 medium packet	1 large packet
kalamata olives	1 packet	2 packets
garlic	1 clove	2 cloves
mint	1 packet	1 packet
lemon	½	1
chilli flakes  (optional)	pinch	pinch
lightly dried basil	½ packet	1 packet
water*	¾ cup	1½ cups
salt*	¼ tsp	½ tsp
lemon pepper seasoning	1 sachet	2 sachets
couscous	1 medium packet	1 large packet
barramundi	1 medium packet	2 medium packets OR 1 large packet
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2135kJ (510cal)	262kJ (63cal)
Protein (g)	35.8g	4.4g
Fat, total (g)	19.7g	2.4g
- saturated (g)	5.2g	0.6g
Carbohydrate (g)	44.7g	5.5g
- sugars (g)	8.5g	1g
Sodium (mg)	1448mg	177.9mg
Dietary Fibre (g)	5.7g	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.

In collaboration with



Grown on farms across Australia, this lightly dried basil adds extra flavour and depth to every meal.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



1



Get prepped

- Roughly chop **tomato**, **baby spinach leaves** and **kalamata olives**.
- Finely chop **garlic**. Pick **mint** leaves and finely chop.
- Cut **lemon** into wedges.
- In a medium heatproof bowl, add **garlic**, **chilli flakes** (if using), a generous drizzle of **oil** and a pinch of **salt** and **pepper**.
- Microwave in **10 second** bursts, until fragrant. Stir through **Gourmet Garden lightly dried basil** (see ingredients).

3



Cook the barramundi

- Set air fryer to **200°C**. Pat **barramundi** dry with paper towel.
- Place **barramundi** skin-side up into the air fryer basket and cook until just cooked through, **10-12 minutes**.

TIP: No air fryer? In a large frying pan, heat a drizzle of olive oil over medium-high heat. Pat barramundi dry with paper towel. When oil is hot, cook barramundi, skin-side down first, until just cooked through, 3-5 minutes each side (depending on thickness).

CUSTOM OPTIONS



DOUBLE BARRAMUNDI

Follow method above, cooking in batches if necessary.



SWAP TO CRUMBED BASA

Heat a frying pan over medium-high heat with enough olive oil to coat the base. Cook crumbed basa until golden and cooked through, 2-3 minutes each side.

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



2



Make the couscous

- In a medium saucepan, combine the **water**, **salt** and **lemon pepper seasoning** and 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**. Add a squeeze of **lemon juice** and fluff up with fork.

4



Make the salad & serve up

- Add tomato, spinach, olives and a drizzle of olive oil and **white wine vinegar** to the pan with couscous. Toss to combine and season to taste.
- Divide zesty olive couscous salad between bowls. Top with barramundi, then drizzle over garlic-chilli oil.
- Top with a dollop of **Greek-style yoghurt**, sprinkle over mint and any remaining **chilli flakes** (if using).
- Serve with any remaining lemon wedges. Enjoy!