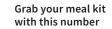


Easy Barramundi & Zesty Veggie Couscous with Fetta-Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR













Vegetable Stock





Barramundi

Snacking Tomatoes





Carrot

Baby Spinach Leaves





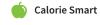
Fetta Cubes







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

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
lemon	1/2	1
water*	¾ cup	1½ cups
vegetable stock pot	½ packet	1 packet
couscous	½ large packet	1 large packet
barramundi	1 medium packet	2 medium packets OR 1 large packet
snacking tomatoes	1 packet	2 packets
carrot	1	2
baby spinach leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
fetta cubes	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1873kJ (448cal)	204kJ (49cal)
Protein (g)	36.7g	4g
Fat, total (g)	12.2g	1.3g
- saturated (g)	5.6g	0.6g
Carbohydrate (g)	45.2g	4.9g
- sugars (g)	9g	1g
Sodium (mg)	768mg	83.5mg
Dietary Fibre (g)	7.1g	0.8g
Protein (g) Fat, total (g) - saturated (g) Carbohydrate (g) - sugars (g) Sodium (mg)	36.7g 12.2g 5.6g 45.2g 9g 768mg	4g 1.3g 0.6g 4.9g 1g 83.5mg

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**. Zest **lemon** to get a pinch, then slice into wedges.
- 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 zest and vegetable stock pot (see ingredients), then bring to the boil.
- Add couscous (see ingredients) 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.



Toss the couscous salad

- While barramundi is cooking, halve snacking tomatoes. Using a vegetable peeler, peel carrot into ribbons.
- To pan with couscous, add carrot, tomato, baby spinach leaves and a drizzle of white wine vinegar and olive oil. Toss to combine and season to taste.
- To a small bowl, squeeze lemon juice from wedges, then add fetta cubes and Greek-style yoghurt. Stir to combine.



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!



Serve up

- Divide zesty veggie couscous salad between bowls. Top with barramundi.
- Drizzle with fetta-yoghurt to serve. Enjoy!







Follow method above, cooking in batches if necessary.



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.

