



Easy Barramundi & Zesty Veggie Couscous

with Fetta-Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

36



Garlic



Lemon



Vegetable Stock Pot



Couscous



Barramundi



Snacking Tomatoes



Carrot



Baby Spinach Leaves



Fetta Cubes



Greek-Style Yoghurt



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 couscous salad, and a generous drizzle of creamy, feta yoghurt.

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 |
| lemon | ½ | 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 |

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.

We're here to help!

Scan here if you have any questions or concerns

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1 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.



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 **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.



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

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.

