

Easy Saucy Tomato Barramundi

with Spinach Salad & Roast Chat Potatoes

MEDITERRANEAN

Grab your meal kit with this number

36



Chat Potatoes



Pear



Cucumber



Barramundi



Tomato Sugo



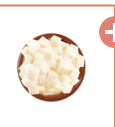
Baby Spinach Leaves



Fetta Cubes



Barramundi



Fetta Cubes

Prep in: 15-25 mins
Ready in: 30-40 mins

 Calorie Smart

 Protein Rich

 Eat Me Early

Italian seared barramundi is on the menu tonight! With roast chat potatoes and a spinach salad to top it all off, you've got yourself an impressive dish that tastes just as good as it looks.

Pantry items

Olive Oil, Butter, Brown Sugar, Honey, Vinegar (White Wine or Balsamic)

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 frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chat potatoes	1 medium packet	1 large packet
pear	1	2
cucumber	1	2
barramundi	1 medium packet	2 medium packets OR 1 large packet
butter*	10g	20g
tomato sugo	1 packet	2 packets
brown sugar*	½ tsp	1 tsp
honey*	1 tsp	2 tsp
vinegar*		
(white wine or balsamic)	drizzle	drizzle
baby spinach leaves	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1484kJ (355cal)	143kJ (34cal)
Protein (g)	32.2g	3.1g
Fat, total (g)	6.7g	0.6g
- saturated (g)	2.4g	0.2g
Carbohydrate (g)	41.2g	4g
- sugars (g)	20.7g	2g
Sodium (mg)	713mg	68.6mg
Dietary Fibre (g)	8.9g	0.9g

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.

1



Roast the chat potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **chat potatoes** into bite-sized chunks.
- Place **chat potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

3



Make the sauce

- Wipe out frying pan and return to medium heat with the **butter**.
- Stir in **tomato sugo** and the **brown sugar**, until slightly thickened, **1-2 minutes**.
- In a large bowl combine the **honey** and a drizzle of **vinegar** and **olive oil**.
- Add **baby spinach leaves**, **pear** and **cucumber** and toss to combine. Season to taste.

2



Get prepped & cook the fish

- Meanwhile, thinly slice **pear** into wedges. Slice **cucumber** into rounds. Pat **barramundi** skin dry.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Pat **barramundi** dry with paper towel and season both sides.
- When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **5-6 minutes** each side (depending on thickness).
- Transfer to a plate.

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

4



Serve up

- Divide barramundi, roast chat potatoes and spinach salad between plates.
- Spoon sauce over barramundi and crumble over **fetta cubes** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



CUSTOM
OPTIONS



DOUBLE BARRAMUNDI

Follow method above, cooking in batches if necessary.



DOUBLE FETTA CUBES

Follow method above.

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

