



Greek-Style Barramundi & Veggie Couscous with Fetta

MEDITERRANEAN

Grab your meal kit with this number

36



Recipe Update

We've replaced the risini in this recipe with couscous due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Broccoli



Zucchini



Couscous



Barramundi



Mediterranean Seasoning



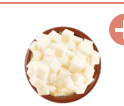
Baby Spinach Leaves



Mustard Cider Dressing



Fetta Cubes



Fetta Cubes



Barramundi

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

Calorie Smart

Protein Rich

Eat Me Early

Tender barramundi is the perfect protein to complement tonight's couscous. Packed with some tasty veggies and Mediterranean flavours, let us transport you to memories of salty air, sunny shores and delicious food with this fish dish!

Pantry items

Olive Oil

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 · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
broccoli	1 head	2 heads
zucchini	1	2
water*	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
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
fetta cubes	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2534kJ (606cal)	222kJ (53cal)
Protein (g)	48.3g	4.2g
Fat, total (g)	17g	1.5g
- saturated (g)	5.2g	0.5g
Carbohydrate (g)	63.1g	5.5g
- sugars (g)	6.2g	0.5g
Sodium (mg)	1354mg	118.8mg
Dietary Fibre (g)	9.1g	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.



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Chop **broccoli** (including stalk!) into small florets.
- 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 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 **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!



Cook the couscous

- In a medium saucepan, add the **water** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid, then remove from the heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork.



Toss the roast veggie couscous

- To pan with couscous, add **roasted veggies**, **baby spinach leaves** and **mustard cider dressing**.
- Toss to combine and season to taste.



Prep the barramundi

- Meanwhile, pat **barramundi** dry with a paper towel.

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



Serve up

- Divide veggie couscous between bowls.
- Top with Greek-style barramundi.
- Crumble over **fetta cubes** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



CUSTOM OPTIONS

+ DOUBLE FETTA CUBES
Follow method above.

+ DOUBLE BARRAMUNDI
Follow method above, cooking in batches if necessary.

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

