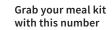


Easy Barramundi & Zesty Veggie Couscous with Fetta Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR













Couscous

Barramundi





Snacking Tomatoes





Baby Spinach

Fetta Cubes



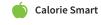
Yoghurt





Prep in: 10-20 mins Ready in: 20-30 mins

Eat Me Early





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*	3/4 cup	1½ cups
couscous	1 medium packet	1 large packet
barramundi	1 medium packet	2 medium packets OR 1 large packet
snacking tomatoes	1 packet	2 packets
cucumber	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
* D		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1821kJ (435cal)	189kJ (45cal)
Protein (g)	36.7g	3.8g
Fat, total (g)	12.1g	1.3g
- saturated (g)	5.6g	0.6g
Carbohydrate (g)	42.3g	4.4g
- sugars (g)	6.7g	0.7g
Sodium (mg)	329mg	34.1mg
Dietary Fibre (g)	6g	0.6g

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 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**. Fluff up with fork.



Cook the barramundi

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high
- 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!



Toss the couscous salad

- While barramundi is cooking, halve **snacking tomatoes**.
- Roughly chop **cucumber**.
- To pan with couscous, add cucumber, tomato, baby spinach leaves and a drizzle of white wine vinegar and olive oil. Toss to combine and season
- To a small bowl, squeeze lemon juice from wedges, then add fetta cubes and Greek-style yoghurt. Stir to combine.



Serve up

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





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

through, 4-6 minutes.

