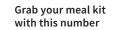


Greek-Style Barramundi & Veggie Risoni with Fetta Crumble

MEDITERRANEAN













Barramundi





Mediterranean Seasoning

Baby Spinach



Mustard Cider



Dressing

Fetta Cubes





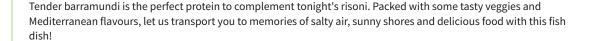
Prep in: 20-30 mins Ready in: 30-40 mins

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

Oven tray lined with baking paper \cdot Large saucepan \cdot Large frying pan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
broccoli	1 head	2 heads
zucchini	1	2
risoni	1 medium packet	2 medium packets
salt*	1/4 tsp	½ tsp
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, then roast until tender,
 20-25 minutes.

TIP: If your tray is crowded, divide the veggies between two trays!



Cook the risoni

- When veggies have 10 minutes remaining, half-fill a large saucepan with water, then bring to the boil over high heat.
- Cook risoni in boiling water until 'al dente',
 7-8 minutes.
- Drain risoni, then return to saucepan. Add the salt and a drizzle of olive oil, stirring to coat.

TIP: 'Al dente' risoni is cooked through but still slightly firm in the centre.



Prep the barramundi

Meanwhile, pat barramundi dry with a paper towel.

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



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!



Toss the roast veggie risoni

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

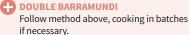


Serve up

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









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

