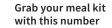


Barramundi & Honey Roast Veggie Toss

with Garlic Yoghurt

MEDITERRANEAN









Potato









Mediterranean Seasoning

Barramundi





Yoghurt



Baby Spinach







Prep in: 15-25 mins Ready in: 35-45 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

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
cauliflower	1 medium portion	1 large portion
beetroot	1	2
onion	1	2
Mediterranean seasoning	1 sachet	2 sachets
barramundi	1 medium packet	2 medium packets OR 1 large packet
garlic	1 clove	2 cloves
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
honey*	½ tbs	1 tbs
vinegar* (white wine or balsamic)	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1749kJ (418cal)	284kJ (46cal)
Protein (g)	36g	5.8g
Fat, total (g)	13.7g	2.2g
- saturated (g)	4.4g	0.7g
Carbohydrate (g)	37.4g	6.1g
- sugars (g)	25.9g	4.2g
Sodium (mg)	1234mg	200.3mg
Dietary Fibre (g)	11.9g	1.9g

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.



Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Cut potato into bite-sized chunks. Cut cauliflower into small florets. Cut beetroot into small chunks. Cut onion into thick wedges.
- Place veggies on a lined oven tray. Drizzle with olive oil, sprinkle over Mediterranean seasoning and season with pepper. Toss to coat.
- Roast until tender, 25-30 minutes. Allow to cool slightly.

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



Bake the barramundi

- When veggies have 10 minutes remaining, place barramundi on a second lined oven tray. Drizzle with olive oil, season with the salt and pepper, then gently turn to coat.
- Bake barramundi until just cooked through, 8-12 minutes.



Make the garlic yoghurt

- While barramundi is baking, finely chop garlic.
- In a small microwave-safe bowl, combine garlic and a drizzle of olive oil.
 Season with salt and pepper. Microwave in 30 second bursts, until fragrant.
- · Add Greek-style yoghurt and stir to combine.



Serve up

- Once veggies have slightly cooled, to the tray, add baby spinach leaves, the honey and a drizzle of vinegar. Gently toss to combine.
- Divide honey roast veggie toss between plates.
- Top with barramundi and garlic yoghurt to serve. Enjoy!







In a frying pan, cook until just cooked through, 2-4 minutes each side.



if necessary.

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

