

Barramundi & Honey Roast Veggie Toss

with Garlic Yoghurt

MEDITERRANEAN

Grab your meal kit
with this number

36



Potato



Cauliflower



Beetroot



Onion



Mediterranean
Seasoning



Barramundi



Garlic



Greek-Style
Yoghurt



Baby Spinach
Leaves





Salmon



Barramundi

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

 Carb Smart

 Eat Me Early

 Protein Rich

Be transported to a Mediterranean oasis with the tenderness of barramundi and sweetness of honey roast veggies. Tangy, garlicky yoghurt serves as the perfect accompaniment to this colourful dish.

Pantry items

Olive Oil, 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

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.

1



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.

3



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.

2



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**.

4



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



CUSTOM OPTIONS



SWAP TO SALMON

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



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.

