

# Barramundi & Zesty Veggie Couscous

with Fetta Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

36



Garlic



Lemon



Couscous



Barramundi



Tomato



Cucumber



Baby Spinach Leaves



Fetta Cubes



Greek-Style Yoghurt



Mint



Barramundi



Chicken Breast

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

Calorie Smart

Protein Rich

Eat Me Early

Delicate and flaky barramundi serves as the perfect accompaniment to a refreshing lemony couscous salad and a generous drizzle of creamy, feta yoghurt. Tear over some mint for a tasteful herby hit!

### Pantry items

Olive Oil, White Wine Vinegar

## 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
<b>olive oil*</b>	refer to method	refer to method
garlic	1 clove	2 cloves
lemon	½	1
<b>water*</b>	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
barramundi	1 medium packet	2 medium packets OR 1 large packet
tomato	1	2
cucumber	1	2
baby spinach leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
fetta cubes	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
mint	½ packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1815kJ (417cal)	417kJ (96cal)
Protein (g)	36.8g	8.5g
Fat, total (g)	12.1g	2.8g
- saturated (g)	5.6g	1.3g
Carbohydrate (g)	42g	9.7g
- sugars (g)	8g	1.8g
Sodium (mg)	324mg	74.5mg
Dietary Fibre (g)	6.1g	1.4g

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](https://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.
- Cook **garlic** until fragrant, **1 minute**. Add the **water** and **lemon zest**, then 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 a fork.



## Toss the couscous salad

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



## Cook the barramundi

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



## Serve up

- Divide zesty veggie couscous between bowls.
- Top with barramundi.
- Drizzle with fetta-yoghurt and tear over **mint** (see ingredients) to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



### CUSTOM OPTIONS

#### + DOUBLE BARRAMUNDI

Follow method above, cooking in batches if necessary.

#### 🔄 SWAP TO CHICKEN BREAST

Cut into 2cm chunks. Cook until cooked through, 4-6 minutes.

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

