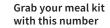


Barramundi & Zesty Veggie Couscous

with Fetta Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR













Couscous

Barramundi





Cucumber





Baby Spinach Leaves



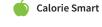
Greek-Style Yoghurt





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

Eat Me Early



Protein Rich

Delicate and flaky barramundi serves as the perfect accompaniment to a refreshing lemony couscous salad and a generous drizzle of creamy, fetta 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

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	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
tomato	1	2
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
mint	½ packet	1 packet
* Dantry Itoms		

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 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.



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!



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.

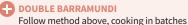


Serve up

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







if necessary.



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

