

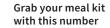
Barramundi & Zesty Olive Couscous Salad

with Garlic-Chilli Oil & Yoghurt

MEDITERRANEAN

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR













Kalamata Olives





Parsley





Lemon



Chicken Stock Lemon Pepper



Seasoning



Couscous

Barramundi



Greek-Style Yoghurt



Pantry items Olive Oil, White Wine Vinegar



Prep in: 20-30 mins Ready in: 25-35 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

Medium saucepan with a lid · Air fryer or large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
tomato	1	2	
baby spinach leaves	1 medium packet	1 large packet	
kalamata olives	1 packet	2 packets	
garlic	1 clove	2 cloves	
parsley	1 packet	1 packet	
mint	1 packet	1 packet	
lemon	1/2	1	
chilli flakes ∕ (optional)	pinch	pinch	
water*	¾ cup	1½ cups	
chicken stock pot	1 small packet	1 medium packet	
lemon pepper seasoning	1 sachet	2 sachets	
couscous	1 medium packet	1 large packet	
barramundi	1 medium packet	2 medium packets OR 1 large packet	
white wine vinegar*	drizzle	drizzle	
Greek-style yoghurt	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2031kJ (485Cal)	518kJ (123Cal)
Protein (g)	35.2g	9g
Fat, total (g)	17.7g	4.5g
- saturated (g)	5g	1.3g
Carbohydrate (g)	43.8g	11.2g
- sugars (g)	8.5g	2.2g
Sodium (mg)	1125mg	287mg
Dietary Fibre (g)	6.6g	1.7g

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.



Get prepped

- Roughly chop tomato, baby spinach leaves and kalamata olives.
- Finely chop garlic and parsley.
- Pick **mint** leaves and finely chop.
- · Cut lemon into wedges.
- In a medium heatproof bowl, add garlic, chilli flakes (if using), a generous drizzle of olive oil and a pinch of salt and pepper.
- Microwave in **10 second** bursts, until fragrant. Stir through **parsley**.



Make the couscous

- In a medium saucepan, combine the water, chicken stock pot and lemon pepper seasoning and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until water is absorbed, 5 minutes. Add a squeeze of lemon juice and fluff up with fork.



Cook the barramundi

 Set air fryer to 200°C. Place barramundi, skin-side up, into the air fryer basket and cook until just cooked through, 10-12 minutes.

TIP: No air fryer? 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, 3-5 minutes each side (depending on thickness).



Serve up

- Add tomato, spinach, olives and a drizzle of olive oil and white wine vinegar to the pan with couscous. Toss to combine and season to taste.
- Divide zesty olive couscous salad between bowls. Top with barramundi.
 Drizzle over garlic-chilli oil.
- Dollop with Greek-style yoghurt. Sprinkle with mint and any remaining chilli flakes (if using).
- · Serve with any remaining lemon wedges. Enjoy!







Follow method above, cooking in batches if necessary.



SWAP TO CRUMBED BASA

Heat a large frying pan over medium-high heat with enough olive oil to coat the base. Cook until golden. 2-3 minutes each side.

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

