

Seared Mexican-Spiced Barramundi

with Roast Veggies, Tomato-Corn Salsa & Aioli

Grab your meal kit with this number

36



Sweet Potato



Capsicum



Snacking Tomatoes



Sweetcorn



Mexican Fiesta Spice Blend



Barramundi



Chilli Flakes (Optional)



Garlic Aioli



Chicken Breast



Barramundi

Prep in: 20-30 mins
Ready in: 30-40 mins

 Protein Rich

 Calorie Smart

 Eat Me Early

Watch as the Mexican spices combine with the natural mellow and buttery flavours of the barramundi, while your sweet potato crisps up in the oven. All that is left for you to do, is to whip up a quick and tasty salsa!

Pantry items

Olive Oil, Plain Flour, Butter, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
capsicum	1	2
snacking tomatoes	1 packet	2 packets
sweetcorn	1 medium tin	1 large tin
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
plain flour*	½ tbs	1 tbs
barramundi	1 medium packet	2 medium packets OR 1 large packet
butter*	20g	40g
white wine vinegar*	drizzle	drizzle
chilli flakes (optional)	pinch	pinch
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2688kJ (642Cal)	480kJ (114Cal)
Protein (g)	30.9g	5.5g
Fat, total (g)	38.3g	6.8g
- saturated (g)	10g	1.8g
Carbohydrate (g)	43g	7.7g
- sugars (g)	16.8g	3g
Sodium (mg)	806mg	144mg
Dietary Fibre (g)	9.3g	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.



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** and **capsicum** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

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



Cook the barramundi

- **SPICY!** You may find the spice blend hot. Add less if you're sensitive to heat and substitute with a little more flour. On a plate, combine **Mexican Fiesta spice blend**, the **plain flour** and a generous pinch of **salt** and **pepper**. Add **barramundi**, gently turning to coat.
- Return frying pan to medium-high heat with the **butter** and a drizzle of **olive oil**. When oil is hot, cook **barramundi** until just cooked through, **3-4 minutes** each side (depending on thickness).

TIP: Barramundi is cooked through when it turns from translucent to white.



Get prepped

- Meanwhile, roughly chop **snacking tomatoes**.
- Drain **sweetcorn**.



Make the salsa

- While barramundi is cooking, add **tomato** to the bowl with corn.
- Add a drizzle of **white wine vinegar** and **olive oil**. Toss to coat. Season to taste.



Char the corn

- Heat a large frying pan over high heat. Cook **corn**, tossing, until lightly browned, **4-5 minutes**.
- Transfer to a medium bowl. Set aside to cool slightly.

TIP: Cover the pan with a lid if the kernels are 'popping' out.



Finish & serve

- Divide seared Mexican-spiced barramundi and roast veggies between plates.
- Spoon any pan juices and tomato and corn salsa over the barramundi.
- Sprinkle with **chilli flakes** (if using).
- Serve with a dollop of **garlic aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 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.

