

Barramundi & Zesty Olive Couscous Salad

with Garlic-Chilli Oil & Yoghurt

MEDITERRANEAN

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

36



Tomato



Baby Spinach Leaves



Kalamata Olives



Garlic



Parsley



Mint



Lemon



Chilli Flakes (Optional)



Chicken Stock Pot



Lemon Pepper Seasoning



Couscous



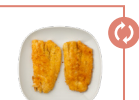
Barramundi



Greek-Style Yoghurt



Barramundi



Crumbed Basa

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

Calorie Smart

Protein Rich

Eat Me Early

New flavour alert: Raise barramundi to the next level by adding a garlic-chilli oil to take things up a notch. To cool things down, this lemon-pepper couscous salad is the perfect addition, especially when topped with yoghurt.

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 · Air fryer or large frying pan

Ingredients

	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	½	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)	2234kJ (534cal)	570kJ (145cal)
Protein (g)	37.1g	9.5g
Fat, total (g)	21.4g	5.5g
- saturated (g)	5.7g	1.5g
Carbohydrate (g)	45.1g	11.5g
- sugars (g)	8.2g	2.1g
Sodium (mg)	1380mg	352mg
Dietary Fibre (g)	5.8g	1.5g

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.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW04



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**. Set aside.



Cook the barramundi

- Set air fryer to **200°C**.
- Place **barramundi**, skin-side up, to 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).

CUSTOM OPTIONS

+ **DOUBLE BARRAMUNDI**
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.



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.



Finish & serve

- 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**.
- Serve with any remaining lemon wedges. Enjoy!

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

