



Aussie-Spiced Barramundi

with Parmesan-Baked Potatoes & Salad

Grab your Meal Kit with this symbol



Potato



Grated Parmesan Cheese



Cucumber



Tomato



Mayonnaise



Barramundi



Aussie Spice Blend



Mixed Salad Leaves

Hands-on: **20-30 mins**
 Ready in: **30-40 mins**
Naturally Gluten-Free
Not suitable for coeliacs

Eat Me First
Calorie Smart

With its mild, slightly sweet flavour and firm texture, barramundi works a treat with our Aussie spice blend - and tastes even better with cheesy roast potatoes. Serve with a simple salad for added texture and to balance out the richness.

Pantry items

Olive Oil, White Wine Vinegar, Balsamic Vinegar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
potato	2	4
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
cucumber	1	2
tomato	1	2
mayonnaise	1 packet (40g)	1 packet (100g)
white wine vinegar*	½ tsp	1 tsp
balsamic vinegar*	1 tsp	2 tsp
barramundi	1 medium packet	1 large packet
Aussie spice blend	1 sachet	2 sachets
butter*	20g	40g
mixed salad leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2654kJ (634Cal)	494kJ (118Cal)
Protein (g)	38.6g	7.2g
Fat, total (g)	38.5g	7.2g
- saturated (g)	12.9g	2.4g
Carbohydrate (g)	31.3g	5.8g
- sugars (g)	5.9g	5.8g
Sodium (mg)	835mg	155mg

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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Bake the potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until just tender, **20-25 minutes**. In the last **5 minutes** of cook time, remove from the oven, sprinkle with the **grated Parmesan cheese** and bake until golden and crispy, **5 minutes**.

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

2



Get prepped

While the potato is baking, thinly slice the **cucumber** into rounds. Finely chop the **tomato**.

3



Prep the mayo & dressing

In a small bowl, combine the **mayonnaise** with the **white wine vinegar**. In a medium bowl, combine the **balsamic vinegar** with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Set aside.

4



Cook the barramundi

When the potatoes have **10 minutes** remaining, rub both sides of the **barramundi** fillets with the **Aussie spice blend** and a good pinch of **pepper**. In a large frying pan, melt the **butter** over a medium-high heat. Add the **barramundi** and cook until just cooked through, **3-4 minutes** each side.

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

5



Toss the salad

When the barramundi is almost done, add the **cucumber**, **tomato** and **mixed salad leaves** to the bowl with the **dressing**. Toss to coat.

6



Serve up

Divide the Aussie-spiced barramundi, Parmesan-baked potatoes and salad between plates. Serve with the **mayo**.

Enjoy!