

Aussie-Spiced Barramundi

with Parmesan-Baked Potato & Salad

Grab your Meal Kit with this symbol



Potato



Grated Parmesan Cheese



Carrot



Cherry/ Snacking Tomatoes



Mayonnaise



Barramundi



Aussie Spice Blend



Mixed Salad Leaves

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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)
carrot	1	2
cherry/snacking tomatoes	1 punnet	2 punnets
mayonnaise	1 packet (40g)	1 packet (100g)
white wine vinegar*	½ tsp	1 tsp
balsamic vinegar*	drizzle	drizzle
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)	2715kJ (649Cal)	505kJ (121Cal)
Protein (g)	38.3g	7.1g
Fat, total (g)	38.4g	7.1g
- saturated (g)	12.9g	2.4g
Carbohydrate (g)	34.8g	6.5g
- sugars (g)	10.2g	1.9g
Sodium (mg)	868mg	161mg

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.



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.



Get prepped

While the potato is baking, grate the **carrot**. Halve the **cherry tomatoes**.



Prep the mayo & dressing

In a small bowl, combine the **mayonnaise** with the **white wine vinegar**. Set aside. In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then set aside.



Cook the barramundi

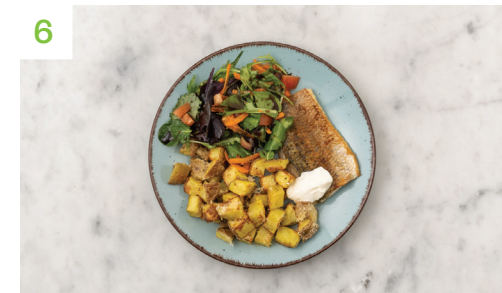
When the potato has **10 minutes** remaining, rub both sides of the **barramundi** fillets with the **Aussie spice blend** and a good pinch of **pepper**. In a large frying pan, melt the **butter** over a medium-high heat. When the butter is hot, cook the **barramundi**, skin-side down first, until just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

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



Toss the salad

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



Serve up

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

Enjoy!

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