



# Barramundi & Dill Butter Sauce

with Lemon Potatoes & Veggies

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Zucchini



Dill



Lemon



Chicken Stock



Barramundi



Hands-on: **25-35** mins  
Ready in: **35-45** mins



Naturally gluten-free  
*Not suitable for Coeliacs*



Low Calorie



Eat me first

My my, what do we have here? It's the classic fast-food combo of fish and potato, but upgraded with a sublime dill butter, crushed potato instead of fries and a medley of veggies. You're welcome.

### Pantry items

Olive Oil, Butter

## Before you start

Our fruit and veggies need a little wash first!

### You will need

Medium saucepan with a lid · Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
carrot	1	2
zucchini	2	4
dill	1 bunch	1 bunch
lemon	½	1
butter* (for the potato)	20g	40g
water*	1 tbs	2 tbs
chicken stock	1 cube	2 cubes
barramundi	1 packet	2 packets
butter* (for the sauce)	40g	80g

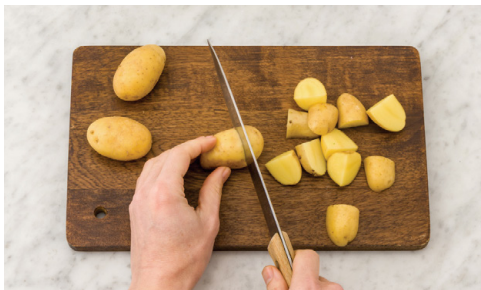
\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2280kJ (545Cal)	337kJ (81Cal)
Protein (g)	35.0g	5.2g
Fat, total (g)	27.6g	4.1g
- saturated (g)	16.9g	2.5g
Carbohydrate (g)	34.5g	5.1g
- sugars (g)	8.8g	1.3g
Sodium (g)	268mg	40mg

### Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



### 1. Get prepped

Bring a medium saucepan of lightly salted water to the boil. Cut the **potato** (unpeeled) into 2cm chunks. Finely chop the **garlic** (or use a garlic press). Thinly slice the **carrot** (unpeeled). Cut the **zucchini** into batons. Roughly chop the **dill**. Zest the **lemon** (see ingredient list) to get a **generous pinch**, then juice to get **2 tsp for 2 people / 1 tbs for 4 people**.



### 4. Cook the barramundi

Season both sides of the **barramundi** with a **good pinch** of **salt** and **pepper**. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **barramundi**, skin-side down, and cook until cooked through, **3-4 minutes** each side. Transfer to a plate.



### 2. Cook the potato

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **12-15 minutes**. Drain. Return the pan to a medium-high heat, add the **butter (for the potato)** and **1/2 the garlic** and cook until fragrant, **1 minute**. Add the **water, lemon zest and juice** and crumble in the **chicken stock (1 cube for 2 people / 2 cubes for 4 people)**. Bring to the boil, then remove from the heat, add the **potato** and toss to coat. Lightly crush the potato with a potato masher or fork. Cover to keep warm.



### 5. Make the dill butter sauce

Return the frying pan to a medium heat and add the **butter (for the sauce)**. Cook until the **butter** has melted and browned slightly, **1-2 minutes**. Remove from the heat and stir through the **dill**. Season with **salt** and **pepper**.



### 3. Cook the veggies

While the potato is cooking, heat a drizzle of olive oil in a medium frying pan over a medium-high heat. Add the **carrot** and **zucchini** and cook, tossing often, until tender, **5-6 minutes**. Add the **remaining garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper** and set aside on a plate, covered with foil to keep warm.



### 6. Serve up

Divide the lemon potatoes, garlic veggies and barramundi between plates. Spoon over the dill butter sauce.

**Enjoy!**