



Garlic & Herb Barramundi

with Roast Veggie Toss & Creamy Pesto

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Brown Onion



Pepitas



Garlic & Herb Seasoning



Baby Spinach Leaves



Barramundi



Creamy Pesto Dressing

Prep in: 25-35 mins
Ready in: 35-45 mins



Eat Me First

Naturally Gluten-Free
Not suitable for coeliacs

With its meaty texture and mild, almost buttery flavour, barramundi is the perfect fish for seafood skeptics - especially when teamed with our garlic & herb seasoning, naturally sweet roast veggies, and a generous drizzle of creamy pesto.

Pantry items

Olive Oil, Balsamic Vinegar

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
sweet potato	2	4
carrot	1	2
brown onion	1	2
pepitas	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
barramundi	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
balsamic vinegar*	1½ tsp	3 tsp
creamy pesto dressing	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2818kJ (674Cal)	485kJ (116Cal)
Protein (g)	36.9g	6.3g
Fat, total (g)	37.1g	6.4g
- saturated (g)	6.4g	1.1g
Carbohydrate (g)	45.4g	7.8g
- sugars (g)	23.3g	4g
Sodium (mg)	631mg	108mg

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.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** and **carrot** into bite-sized chunks.
- Cut **brown onion** into thick wedges.



Flavour the barramundi

- Combine **garlic & herb seasoning** and a pinch of **salt** and **pepper** on a plate.
- Press **barramundi** into **seasoning**, turning to coat.



Roast the veggies

- Place prepped **veggies** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Bake until tender, **25-30 minutes**.

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



Cook the fish & toss the veg

- When the veggies have **10 minutes** remaining, return frying pan to medium heat with a drizzle of **olive oil**.
- When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **3-4 minutes** each side (depending on thickness).
- To the roast **veggie** tray, add **baby spinach leaves** and the **balsamic vinegar**. Gently toss to combine.

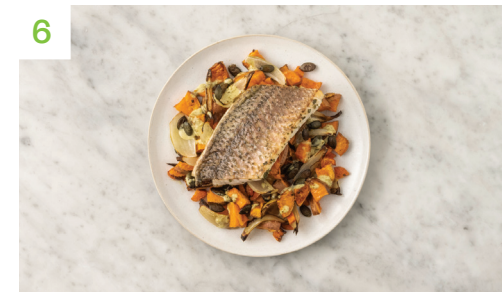
TIP: The seasoning will char slightly in the pan, this adds to the flavour!

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



Toast the pepitas

- Meanwhile, heat a large frying pan over medium-high heat.
- Toast **pepitas**, stirring, until golden, **3-4 minutes**.
- Transfer to a small bowl.



Serve up

- Divide roast veggie toss between plates. Sprinkle with pepitas.
- Top with garlic and herb barramundi.
- Drizzle with **creamy pesto dressing** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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