



Garlic & Herb Barramundi

with Roast Veggie Toss & Creamy Pesto Dressing

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Brown Onion



Pepitas



Garlic & Herb Seasoning



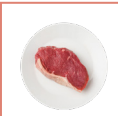
Barramundi



Baby Spinach Leaves



Creamy Pesto Dressing



Beef Rump

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

Eat Me First

We've kept this one nice and simple so you can spend less time cooking which allows you to get to eating, quicker! Let your roast veggies crisp up in the oven, while you sear barramundi fillets on the stovetop. Don't forget the creamy pesto dressing and pepitas which are essential garnishes!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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)
beef rump**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2726kJ (652Cal)	469kJ (112Cal)
Protein (g)	36.3g	6.2g
Fat, total (g)	36g	6.2g
- saturated (g)	6g	1g
Carbohydrate (g)	45.4g	7.8g
- sugars (g)	23.3g	4g
Sodium (mg)	625mg	107mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2607kJ (623Cal)	441kJ (105Cal)
Protein (g)	40.2g	6.8g
Fat, total (g)	31g	5.2g
- saturated (g)	4.8g	0.8g
Carbohydrate (g)	45.1g	7.6g
- sugars (g)	23.3g	3.9g
Sodium (mg)	628mg	106mg

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



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.

Custom Recipe: If you've swapped to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened (this ensures it's extra tender once cooked!). Combine beef with spice blend as above.



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 barramundi

- 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, **5 minutes** each side (depending on thickness).
- When the veggies are done, add **baby spinach leaves** and the **balsamic vinegar** to the roast veggie tray. Gently toss to combine.

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

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook the beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



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!

Rate your recipe

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