



Lemon Pepper Barramundi & Kale Couscous

with Roast Veggies & Olives

Grab your Meal Kit with this symbol



Carrot



Capsicum



Red Onion



Kalamata Olives



Chicken-Style Stock Powder



Couscous



Barramundi



Lemon Pepper Seasoning



Baby Kale



Greek-Style Yoghurt



Beef Rump

Prep in: 25-35 mins
Ready in: 40-50 mins



Calorie Smart

Calorie smart, tick. A Mediterranean delicacy, tick. Tender lemon pepper barramundi and a veggie and olive-studded couscous, tick. What more could you really want?

Eat Me First

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

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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 saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
red onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
kalamata olives	1 packet	2 packets
boiling water*	¾ cup	1 ½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
barramundi	1 medium packet	1 large packet
lemon pepper seasoning	1 medium sachet	2 medium sachets
baby kale	1 medium bag	1 large bag
Greek-style yoghurt	1 medium packet	1 large packet
beef rump**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2297kJ (549Cal)	410kJ (98Cal)
Protein (g)	39.4g	7g
Fat, total (g)	16.8g	3g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	58.4g	10.4g
- sugars (g)	22.5g	4g
Sodium (mg)	1262mg	225mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2161kJ (516Cal)	379kJ (91Cal)
Protein (g)	43.1g	7.6g
Fat, total (g)	11.4g	2g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	58g	10.2g
- sugars (g)	22.5g	3.9g
Sodium (mg)	1263mg	221mg

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



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** and **capsicum** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season generously with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.



Cook the barramundi

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Pat **barramundi** dry with paper towel (this helps it crisp up in the pan) and season both sides. Sprinkle **lemon pepper seasoning** over both sides of **barramundi**.
- When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **5 minutes** each side (depending on thickness). Transfer to a plate.

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



Caramelize the onions

- When veggies have **15 minutes** remaining, thinly slice **red onion**.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, the **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**.



Toss the couscous salad

- To the pan with the **couscous**, add chopped **olives**, **roasted veggies**, **baby kale** and a drizzle of **olive oil**.
- Toss to combine and season to taste.



Cook the couscous

- Meanwhile, boil the kettle. Roughly chop **kalamata olives**.
- To saucepan with **onion**, stir in the **boiling water** (¾ cups for 2 people / 1 ½ cups for 4 people) and **chicken-style stock powder**, and bring to boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork.

Custom Recipe: If you've swapped to beef rump, place beef between two sheets of baking paper. Pound beef with a rolling pin until slightly flattened. Season with salt and pepper.



Serve up

- Divide roast veggie, kale & olive couscous salad between plates.
- Top with lemon pepper barramundi and **Greek-style yoghurt** to serve. Enjoy!

Custom Recipe: Slice lemon pepper beef rump to serve.

Rate your recipe

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