



Grilled Barramundi Feast

with Charred Zucchini & Zingy Ciabatta Bacon Salad

AL FRESCO

Grab your Meal Kit with this symbol



Zucchini



Lime



Rosemary



Bake-At-Home Ciabatta



Snacking Tomatoes



Salad Leaves



Flaked Almonds



Barramundi



Bacon



Italian Truffle Mayonnaise

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

Eat Me First

Embrace the balmy summer days and nights and dine outdoors with our delicious Al Fresco recipes. These satisfying share-style meals are packed with fresh seasonal ingredients, perfect for summer entertaining. Whip out the bbq and get to grilling, loading up zucchini, ciabatta, bacon and the star of the show, barramundi!

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), 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

BBQ or Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	2	4
lime	½	1
rosemary	2 sticks	4 sticks
bake-at-home ciabatta	1	2
barramundi	1 medium packet	1 large packet
bacon	1 packet (100g)	2 packets (200g)
snacking tomatoes	1 punnet	2 punnets
salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
butter*	20g	40g
Italian truffle mayonnaise	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3036kJ (726Cal)	599kJ (143Cal)
Protein (g)	44.3g	8.7g
Fat, total (g)	46.7g	9.2g
- saturated (g)	13.6g	2.7g
Carbohydrate (g)	32.2g	6.4g
- sugars (g)	2.4g	0.5g
Sodium (mg)	967mg	191mg

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.

1



Get prepped

- Preheat BBQ to high heat. Thinly slice **zucchini** into strips lengthways. Zest **lime** to get a pinch and then slice into wedges. Pick and finely chop **rosemary**.
- Thickly slice **bake-at-home ciabatta**. Brush each side of ciabatta with **olive oil** and season with **salt and pepper**.
- In a medium bowl, combine **zucchini** and a drizzle of **olive oil**.
- In another medium bowl, combine **barramundi**, **lime zest**, a drizzle of **olive oil** and a pinch of **salt and pepper**.

4



Grill the barramundi

- Grill **barramundi** on BBQ hot plate, skin-side down first, until charred and just cooked through, **5 minutes** each side.

No BBQ? Wipe out frying pan and return turn to medium-high 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).

2



Grill the zucchini & ciabatta

- When BBQ is hot, grill **ciabatta** and **zucchini** until golden, **3-5 minutes** each side. Transfer **zucchini** to a bowl, season and cover to keep warm.
- Remove **ciabatta** from BBQ then roughly chop.

No BBQ? In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook zucchini, until tender, 3-5 minutes each side. Transfer to a bowl, season and cover to keep warm. Toast ciabatta until golden and warmed through. Roughly chop.

5



Toss the salad

- Meanwhile, halve **snacking tomatoes**.
- To bowl with bacon, add **snacking tomatoes**, **salad leaves**, **ciabatta** and a drizzle of **vinegar** and **olive oil**. Toss to combine. Season.
- In a small heatproof bowl, add **rosemary**, the **butter** and a generous squeeze of **lime juice**. Microwave in **10 second** bursts until melted and fragrant. Season.

3



Grill the bacon

- Grill **bacon** until golden, **3-5 minutes** each side. Roughly chop then transfer to a large bowl.

No BBQ? Return a large frying pan to medium-high heat with a drizzle of olive oil. Cook bacon, turning occasionally, until golden, 4-5 minutes. Roughly chop then transfer to a large bowl.

6



Serve up

- Bring everything to the table.
- Serve grilled barramundi with charred zucchini, bacon crouton salad, **Italian truffle mayonnaise** and any remaining lime wedges.
- Pour rosemary butter over barramundi. Sprinkle **flaked almonds** over zucchini. Enjoy!

We're here to help!

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