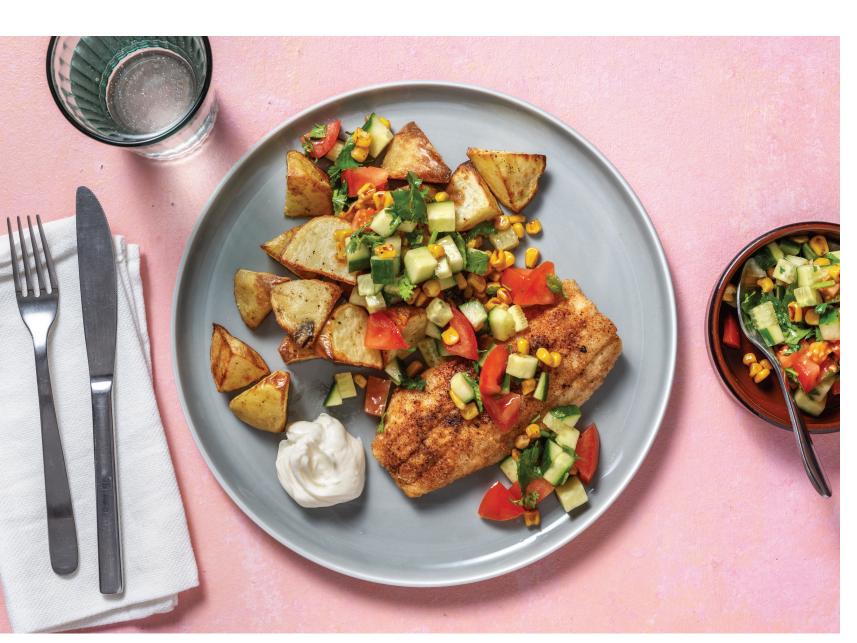


Mexican-Spiced Barramundi with Roast Potatoes & Corn Salsa



















Sweetcorn

Mexican Fiesta Spice Blend





Barramundi



Pantry items

Olive Oil, Plain Flour (or Gluten-Free Plain Flour), White Wine Vinegar

Hands-on: 20-30 mins Ready in: 30-40 mins

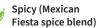
Naturally Gluten-Free

Not suitable for coeliacs





Calorie Smart^



Barramundi's mild, buttery flavour works a treat with hot Mexican spices. Top it off with a cooling and sweet salsa and meet your new favourite fish dish!



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 · Medium frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
tomato	1	2		
cucumber	1	2		
coriander	1 bag	1 bag		
sweetcorn	1 tin (125g)	1 tin (300g)		
Mexican Fiesta spice blend	1 sachet	2 sachets		
plain flour* (or gluten-free plain flour)	2 tsp	1 tbs		
salt*	1/4 tsp	½ tsp		
barramundi	1 medium packet	1 large packet		
white wine vinegar*	1 tsp	2 tsp		
garlic aioli	1 packet (50g)	1 packet (100g)		
salmon**	1 small packet	1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2604kJ (622Cal)	452kJ (108Cal)
Protein (g)	35.8g	6.2g
Fat, total (g)	34.9g	6.1g
- saturated (g)	5.5g	1g
Carbohydrate (g)	38g	6.6g
- sugars (g)	7.7g	6.6g
Sodium (mg)	1137mg	197mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3108kJ (742Cal)	539kJ (128Cal)
Protein (g)	37.2g	6.5g
Fat, total (g)	47.9g	8.3g
- saturated (g)	7.6g	1.3g
Carbohydrate (g)	37.7g	6.5g
- sugars (g)	7.7g	1.3g
Sodium (mg)	1104mg	192mg

The quantities provided above are averages only. ^Custom Recipe is not Calorie Smart.

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW45



Roast the potato

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



Get prepped

While the potato is roasting, roughly chop the **tomato**. Finely chop the **cucumber**. Roughly chop the **coriander**. Drain the **sweetcorn**.



Char the corn

Heat a medium frying pan over a high heat. Add the **corn** kernels and cook until lightly browned, **4-5 minutes**. Set aside in a bowl to cool slightly.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Cook the barramundi

SPICY! You may find the spice blend hot! Add less if you're sensitive to heat, and substitute with a little more flour. On a plate, mix the Mexican Fiesta spice blend, plain flour, the salt and a pinch of pepper. Add the barramundi, turning to coat. Return the frying pan to a medium-high heat with a drizzle of olive oil. Once hot, add the barramundi and cook, skin-side down first, for 2-3 minutes on each side, or until golden and cooked through.

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



If you've swapped to salmon, pat the skin dry (so it crisps up in the pan!), then coat in the spice mixture as above. Heat the pan as above, then cook the salmon, skin-side down first, until just cooked through, 2-4 minutes each side.



Make the salsa

While the fish is cooking, add the **tomato**, **cucumber** and **coriander** to the bowl with the **corn**. Add the **white wine vinegar** and a drizzle of **olive oil**. Toss to coat. Season to taste.



Serve up

Divide the Mexican-spiced barramundi and roast potatoes between plates. Top with the corn salsa. Serve with the **garlic aioli**.

Enjoy!

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