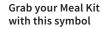


Mexican-Spiced Barramundi with Roast Sweet Potato & Corn-Coriander Salsa









Sweet Potato

Cherry/Snacking Tomatoes





Coriander

Sweetcorn



Mexican Fiesta



Barramundi

Spice Blend



Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!



Not suitable for coeliacs



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!



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

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

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 |
| cherry/snacking tomatoes | 1 punnet | 2 punnets |
| coriander | 1 bag | 1 bag |
| sweetcorn | 1 tin (125g) | 1 tin (300g) |
| Mexican Fiesta spice blend 🥖 | 1 medium sachet | 1 large sachet |
| plain flour* | | |
| (or gluten-free plain flour) | ½ tbs | 1 tbs |
| barramundi | 1 medium packet | 1 large packet |
| butter* | 20g | 40g |
| white wine vinegar* | drizzle | drizzle |
| garlic aioli | 1 medium packet | 1 large packet |

^{*}Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2909kJ (695Cal) | 531kJ (127Cal) |
| Protein (g) | 34.5g | 6.3g |
| Fat, total (g) | 43.1g | 7.9g |
| - saturated (g) | 10.9g | 2g |
| Carbohydrate (g) | 41.2g | 7.5g |
| - sugars (g) | 15.5g | 2.8g |
| Sodium (mg) | 1164mg | 212mg |

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.



Roast the sweet potato

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

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



Get prepped

- Meanwhile, halve cherry tomatoes.
- Roughly chop coriander leaves.
- · Drain the sweetcorn.



Char the corn

- Heat a large frying pan over high heat.
- · Cook corn kernels until lightly browned, 4-5 minutes.
- Transfer to a medium bowl. Set aside 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, combine **Mexican** Fiesta spice blend, the plain flour and a pinch of **pepper**. Add **barramundi**, gently turning
- Return frying pan to medium-high heat with the **butter** and a drizzle of **olive oil**. When oil is hot. cook barramundi, skin-side down first, until just cooked through, 3-4 minutes each side.

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



Make the salsa

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



Serve up

- Divide Mexican-spiced barramundi and roast sweet potato between plates.
- Spoon any pan juices and the corn-coriander salsa over the barramundi.
- Serve with a dollop of garlic aioli. Enjoy!

