

Mexican-Spiced Barramundi

with Roast Sweet Potato & Corn-Coriander Salsa

Grab your Meal Kit with this symbol



Sweet Potato



Cherry/Snacking Tomatoes



Coriander



Sweetcorn



Mexican Fiesta Spice Blend



Barramundi




Garlic Aioli

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!

Prep in: 20-30 mins
Ready in: 30-40 mins

 Eat Me First

 Naturally Gluten-Free
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!

Pantry items

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.

You'll also need to give your fruit and 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 <i>gluten-free plain flour</i>)	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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW30



1



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.

4



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 to coat.
- 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.

2



Get prepped

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

5



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.

3



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.

6



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!

Rate your recipe

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