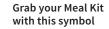


# Mexican-Spiced Barramundi with Roast Sweet Potato & Corn-Coriander Salsa

**CLIMATE SUPERSTAR** 









**Sweet Potato** 

**Snacking Tomatoes** 





Coriander

Sweetcorn



Mexican Fiesta



Spice Blend

Barramundi



Garlic Aioli





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

Eat Me First

Watch as the Mexican spices combine with the natural mellow and buttery flavours of the barramundi, while your sweet potato crisps up in the oven. All that is left for you to do, is to whip up a quick and tasty salsa!



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

## 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  $\cdot$  Large frying pan

## Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
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		
<b>plain flour*</b> (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		
chicken breast**	1 small packet	1 large packet		
*** ** ** ** *** *** ** * * * * * * *				

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2857kJ (683Cal)	522kJ (125Cal)
Protein (g)	34.1g	6.2g
Fat, total (g)	42.3g	7.7g
- saturated (g)	10.6g	1.9g
Carbohydrate (g)	41.2g	7.5g
- sugars (g)	15.6g	2.8g
Sodium (mg)	918mg	168mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2806kJ (671Cal)	490kJ (117Cal)
Protein (g)	40.4g	7.1g
Fat, total (g)	38g	6.6g
- saturated (g)	9.4g	1.6g
Carbohydrate (g)	40.9g	7.1g
- sugars (g)	15.6g	2.7g
Sodium (mg)	932mg	163mg

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 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.

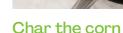
**TIP:** If your oven tray is crowded, divide the sweet potato between two trays.



# Get prepped

- Meanwhile, roughly chop snacking tomatoes.
- Roughly chop coriander leaves.
- Drain sweetcorn.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.



- 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, the salt
  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 until just cooked through,
   3-4 minutes each side (depending on thickness).

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

**Custom Recipe:** Combine chicken with spice blend and heat frying pan as above. When the oil is hot, cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side.



# Make the salsa

- While the fish is cooking, transfer tomato and coriander to the bowl with the corn.
- Add a drizzle of the 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!



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate