

# Mexican-Spiced Barramundi

with Roast Potatoes & Corn Salsa



Potato



Tomato



Cucumber



Coriander



Sweetcorn



Mexican Fiesta Spice Blend



Barramundi



Garlic Aioli



Salmon

- Hands-on: **20-30 mins**
- Ready in: **30-40 mins**
- Naturally Gluten-Free
- Spicy (Mexican Fiesta spice blend)
- Eat Me First
- Calorie Smart<sup>^</sup>

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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plain Flour (or Gluten-Free Plain Flour), 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 · Medium frying pan

## Ingredients

	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*	¼ 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](https://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](https://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**.



## 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.

## CUSTOM RECIPE

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.



## Get prepped

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



## 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.



## 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.



## Serve up

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

Enjoy!

## Rate your recipe

Scan here to rate this recipe!

