



# Seared Barramundi & Pre-Cut Fries

with Apple Salad & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Potato Fries



Aussie Spice Blend



Barramundi



Apple



Cucumber



Mixed Salad Leaves



Balsamic Vinaigrette Dressing



Dill & Parsley Mayonnaise



Barramundi

Prep in: **15-25 mins**  
Ready in: **30-40 mins**



**Carb Smart\***  
*\*Custom Recipe is not Carb Smart*

**1** Eat Me First

With its mild, buttery flavour and meaty texture, barramundi works a treat in our better-for-you take on fish and chips. Teamed with baked potato fries, a sweet and tart apple salad, and herby mayo for dipping, you won't even miss the deep-fried version.

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

**Pantry items**

Olive Oil, Plain Flour



## 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 · Medium frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato fries	1 medium bag	1 large bag
Aussie spice blend	1 medium sachet	2 medium sachets
<b>plain flour*</b>	1 tsp	2 tsp
barramundi	1 medium packet	2 small packets OR 1 large packet
apple	1	2
cucumber	1	2
mixed salad leaves	1 small bag	1 medium bag
balsamic vinaigrette dressing	1 packet	2 packets
dill & parsley mayonnaise	1 medium packet	1 large packet
barramundi**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2482kJ (593Cal)	469kJ (112Cal)
Protein (g)	32.7g	6.2g
Fat, total (g)	33.8g	6.4g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	38.2g	7.2g
- sugars (g)	10.6g	2g
Sodium (mg)	697mg	132mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3099kJ (740Cal)	463kJ (110Cal)
Protein (g)	57.1g	8.5g
Fat, total (g)	39g	5.8g
- saturated (g)	7.2g	1.1g
Carbohydrate (g)	37.9g	5.7g
- sugars (g)	10.6g	1.6g
Sodium (mg)	751mg	112mg

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](https://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



1



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Place **potato fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake **fries** until tender, **20-25 minutes**.

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

3



## Toss the salad

- Meanwhile, slice **apple** into thin sticks.
- Thinly slice **cucumber** into rounds.
- In a medium bowl, combine **apple, cucumber, mixed salad leaves** and **balsamic vinaigrette dressing**. Season.

2



## Cook the barramundi

- Meanwhile, combine **Aussie spice blend**, the **plain flour** and a pinch of **pepper** on a plate. Press **barramundi**, skin-side up, into the **spice mixture** to coat.
- When fries have **10 minutes** remaining, in a medium frying pan, heat a drizzle of **olive oil** over medium heat.
- 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:** If you've doubled your barramundi, add extra flour to the spice mixture. Prepare and cook as above, cooking in batches if your pan is getting crowded.

4



## Serve up

- Divide seared barramundi, fries and apple salad between plates.
- Serve with **dill & parsley mayonnaise**. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!  
Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)