

Quick Garlic-Chilli Barramundi & Olive Couscous with Chilli Flakes & Greek-Style Yoghurt

MEDITERRANEAN

CLIMATE SUPERSTAR













Kalamata Olives



Chilli Flakes (Optional)









Couscous

Chicken-Style

Lemon Pepper Seasoning





Barramundi

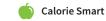
Greek-Style Yoghurt





Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me First



New flavour alert: Take barramundi to the next level by adding a garlic-chilli oil to take things up a notch. To cool things down, lemon-pepper couscous is the perfect addition, especially when topped with Greek-yoghurt.

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



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

Medium saucepan with a lid · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
tomato	1	2		
baby spinach leaves	1 medium bag	1 large bag		
kalamata olives	1 packet	2 packets		
garlic	1 clove	2 cloves		
chilli flakes ∮ (optional)	pinch	pinch		
water*	¾ cup	1½ cups		
chicken-style stock powder	1 medium sachet	1 large sachet		
lemon pepper seasoning	1 medium sachet	2 medium sachets		
couscous	1 medium packet	1 large packet		
barramundi	1 medium packet	2 medium packets OR 1 large packet		
white wine vinegar*	drizzle	drizzle		
Greek-style yoghurt	1 medium packet	1 large packet		
barramundi**	1 medium packet	2 medium packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1876kJ (448Cal)	565kJ (135Cal)
Protein (g)	35.5g	10.7g
Fat, total (g)	14.5g	4.4g
- saturated (g)	4.2g	1.3g
Carbohydrate (g)	43.3g	13g
- sugars (g)	7.5g	2.3g
Sodium (mg)	1199mg	361mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2591kJ (619Cal)	549kJ (131Cal)
Protein (g)	61.4g	13g
Fat, total (g)	22g	4.7g
- saturated (g)	6.5g	1.4g
Carbohydrate (g)	44.4g	9.4g
- sugars (g)	8.2g	1.7g
Sodium (mg)	1263mg	268mg

The quantities provided above are averages only.

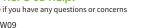
Allergens

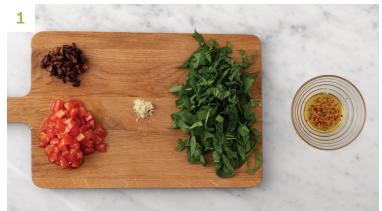
Always read product labels for the most up-to-date allergen information.

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





Get prepped

- Roughly chop tomato, baby spinach leaves and kalamata olives.
- Finely chop garlic.
- In a medium heatproof bowl, add garlic, chilli flakes (if using), a drizzle of olive oil and a pinch of salt and pepper.
- Microwave in 10 second bursts, until fragrant.



Make the couscous

- In a medium saucepan, combine the water, chicken-style stock powder and **lemon pepper seasoning** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork.

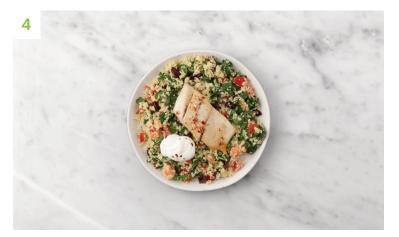


Cook the barramundi

- · Meanwhile, pat barramundi dry with a paper towel and season generously on both sides.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook barramundi, skin-side down first, until just cooked through, 3-5 minutes each side (depending on thickness).

TIP: Patting the skin dry helps it crisp up in the pan!

Custom Recipe: If you've doubled your barramundi, prepare and cook barramundi as above. Cook in batches for best results!



Make the salad & serve up

- Add tomato, spinach, olives and a drizzle of olive oil and white wine vinegar to the pan with couscous. Toss to combine and season to taste.
- Divide lemon pepper couscous salad between bowls. Top with barramundi. Drizzle over garlic-chilli oil.
- Serve with Greek-style yoghurt. Sprinkle over remaining chilli flakes (if using) to serve. Enjoy!

Rate your recipe

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