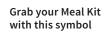


Quick Barramundi & Zesty Couscous with Dill-Parsley Mayonnaise

MEDITERRANEAN

NEW

CLIMATE SUPERSTAR









Lemon Pepper

Seasoning



Vegetable Stock



Powder





Barramundi

Tomato





Carrot

Baby Spinach

Dill & Parsley Mayonnaise



Prep in: 10-20 mins Ready in: 20-30 mins

Eat Me First



Delicate and flaky barramundi serves as the perfect accompaniment to a refreshing lemon-pepper couscous salad and a generous drizzle of creamy, tangy mayonnaise.

Olive Oil, White Wine Vinegar

Pantry items

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

| 9. • • • • • • • • • • • • • • • • • | | | |
|--------------------------------------|-----------------|---------------------------------------|--|
| | 2 People | 4 People | |
| olive oil* | refer to method | refer to method | |
| garlic | 1 clove | 2 cloves | |
| water* | ¾ cup | 1½ cups | |
| lemon pepper seasoning | 1 medium sachet | 2 medium sachets | |
| vegetable stock powder | 1 medium sachet | 1 large sachet | |
| couscous | 1 medium packet | 1 large packet | |
| barramundi | 1 medium packet | 2 medium packets OR 1 large packet | |
| tomato | 1 | 2 | |
| carrot | 1 | 2 | |
| baby spinach leaves | 1 small packet | 1 medium packet | |
| white wine vinegar* | drizzle | drizzle | |
| dill & parsley mayonnaise | 1 medium packet | 1 large packet | |
| barramundi** | 1 medium packet | 2 medium packets OR 1 large packet | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Per Serving | Per 100g |
|-----------------|--|
| 2206kJ (527Cal) | 651kJ (156Cal) |
| 32.9g | 9.7g |
| 24.1g | 7.1g |
| 3.9g | 1.2g |
| 43.9g | 13g |
| 8.6g | 2.5g |
| 896mg | 264mg |
| | 2206kJ (527Cal) 32.9g 24.1g 3.9g 43.9g 8.6g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2874kJ (687Cal) | 600kJ (143Cal) |
| Protein (g) | 58.1g | 12.1g |
| Fat, total (g) | 30.5g | 6.4g |
| - saturated (g) | 6.3g | 1.3g |
| Carbohydrate (g) | 44.6g | 9.3g |
| - sugars (g) | 9.3g | 1.9g |
| Sodium (mg) | 955mg | 199mg |

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





Toss the couscous salad

- While barramundi is cooking, roughly chop tomato.
- Using a vegetable peeler, peel carrot into ribbons.
- To pan with couscous, add carrot, tomato, baby spinach leaves and a drizzle of white wine vinegar and olive oil.
- · Toss to combine and season to taste.



Make the garlic couscous

- · Finely chop garlic.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Add garlic and cook, stirring, until fragrant, 1 minute. Add the water, lemon pepper seasoning and vegetable stock powder 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, in a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Pat **barramundi** dry with paper towel and sprinkle both sides with a pinch of salt and pepper.
- When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **5-6 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 extra barramundi as above. Cook barramundi in batches for best results.



Serve up

- · Divide zesty couscous salad between bowls.
- Top with pan-fried barramundi.
- Drizzle with dill & parsley mayonnaise to serve. Enjoy!

