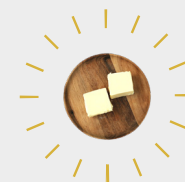




BARRAMUNDI & BROWN BUTTER SAUCE

WITH LEEK-CAPER KIPFLER POTATOES & GREENS



Make a brown
butter sauce



Kipfler Potatoes



Spring Onion



Garlic



Leek



Asparagus



Broccolini



Chives



Lemon



Dill



Capers



Barramundi



Hands-on: **35 mins**
Ready in: **40 mins**



Naturally gluten-free
Not suitable for Coeliacs



Eat me first



Low calorie

Butter, that magical ingredient, gets even better when you cook it slowly to release its browned, nutty flavours. It's amazing how it transforms a piece of fish into a stunning main course. With the elegant sides of flavour-packed kipfler potatoes and broccolini and asparagus, this meal will turn dinner into something special.

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium frying pan**



1 ROAST THE POTATOES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kipfler potatoes** (unpeeled) into 3cm chunks and place on an oven tray lined with baking paper. **Drizzle generously** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Roast on the top rack for **25-30 minutes**, or until golden and cooked through. **TIP:** Kipflers have a firmer texture than regular potatoes!



4 COOK THE VEGGIES

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil** if necessary. Add the **asparagus** and **broccolini** with a **dash** of **water** and cook, tossing regularly, for **5-6 minutes**, or until just tender. Season with **salt** and **pepper** and transfer to a plate.



2 PREP THE VEG & HERBS

Thinly slice the **spring onions**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **leek**. Trim the woody ends of the **asparagus**. Trim the ends of the **broccolini**. Finely chop the **chives**. Pick the **dill**. Slice the sides of the **lemon** to get two cheeks.

TIP: Lemon cheeks are a seed-free alternative to lemon wedges. Use them when serving an elegant meal.



5 COOK THE FISH & BUTTER SAUCE

Season both sides of the **barramundi** with a **good pinch** of **salt** and **pepper**. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the barramundi, skin-side down, and cook for **4-5 minutes** each side, or until just cooked through. Transfer to a plate. Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **butter** and cook for **2-3 minutes** or until beginning to brown. Add the **remaining garlic** and cook for **1-2 minutes**, or until fragrant. Remove from the heat and stir through the **chives**. Add a **squeeze** of **lemon juice** and season with **salt** and **pepper**.



3 COOK THE LEEK & CAPERS

Heat a medium frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **spring onion**, **capers** and **1/2** the **garlic** and cook for **1 minute**, or until fragrant. Add the **leek** and cook for **4-5 minutes**, or until tender. Season to taste with **salt** and **pepper** and transfer to a large bowl.



6 SERVE UP

Add the kipfler potatoes to the bowl with the leek mixture, toss to combine and sprinkle with the dill. Divide the leek and caper kipfler potatoes, asparagus, broccolini and barramundi fillets between plates. Spoon over the brown butter sauce. Serve with the lemon cheeks.

ENJOY!

2/4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kipfler potatoes	1 bag (400g)	1 bag (800g)
spring onion	1 bunch	1 bunch
garlic	2 cloves	4 cloves
leek	1	2
asparagus	1 bunch	2 bunches
broccolini	1 bunch	2 bunches
chives	1 bunch	1 bunch
dill	1 bunch	1 bunch
lemon	1	2
capers	1 tub	2 tubs
barramundi	1 packet	1 packet
butter*	40 g	80 g

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2260kJ (539Cal)	347kJ (83Cal)
Protein (g)	48.0g	7.4g
Fat, total (g)	19.2g	3.0g
- saturated (g)	11.6g	1.8g
Carbohydrate (g)	41.0g	6.3g
- sugars (g)	8.4g	1.3g
Sodium (g)	465mg	72mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

PAIR THIS MEAL WITH

Chardonnay
or
Grüner Veltliner

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

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