

SEARED BARRAMUNDI & LEEK-CAPER SAUCE

WITH CHIVE MASH





Make a leek and caper sauce





















Broccolini



Green Beans







Panko Breadcrumbs

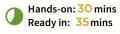




Vegetable Stock



Pantry Staples: Olive Oil, Butter, Milk





Don't let this dish be the one that got away! With a fragrant leek and caper sauce over succulent barramundi, plus chive mash, pan-fried veggies and a dill and lemon crumb to finish, it's a great catch.

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

• medium saucepan with a lid • medium frying pan



MAKE THE CHIVE MASH

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, 10-15 minutes. Drain and return to the saucepan. Finely chop the chives. Add the chives, butter (for the mash), milk and salt to the potato and mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



GET PREPPED

While the potato is cooking, roughly chop the dill. Zest the lemon to get a good pinch, then slice into wedges. Finely chop the garlic (or use a garlic press). Thinly slice the **leek**. Slice the **broccolini** in half lengthways. Trim the **green beans**. In a medium frying pan, heat a good drizzle of olive oil over a mediumhigh heat. Add the panko breadcrumbs (see ingredients list) and cook, stirring, until golden brown, 3 minutes. Transfer to a medium bowl, season with a pinch of salt and pepper and stir through the dill and lemon zest. Set aside.



MAKE THE LEEK-CAPER SAUCE

Return the frying pan to a medium heat with a drizzle of olive oil. Add the leek and cook until tender, 4-5 minutes. Add the garlic and capers and cook, stirring, until fragrant, 1 minute. Add the water and crumble in the vegetable stock (1/2 cube for 2 people / 1 cube for 4 people). Stir to combine. Add the butter (for the sauce) and stir until melted and well combined, 1-2 minutes. Season to taste with **pepper**, then transfer to a bowl and set aside.



COOK THE VEGGIES

Wipe out the frying pan and return to a medium-high heat with a drizzle of olive oil. Add the **broccolini** and **green beans** and cook, tossing, until tender, **4-5 minutes**. * TIP: Add a dash of water to the pan to help the veggies cook faster! Add a squeeze of lemon juice, season with salt and pepper and toss to coat. Transfer to a plate and cover to keep warm.



COOK THE BARRAMUNDI

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 minutes. Turn the barramundi, then spoon the leek-caper sauce around the fillets. TIP: Don't spoon the sauce over the skin to keep it crisp! Cook until the barramundi is just cooked through, 3-4 minutes.



SERVE UP

Divide the chive mash between plates. Top with the veggies and barramundi. Spoon over the leek-caper sauce and sprinkle with the dill and lemon crumb. Serve with the lemon wedges.

ENJOY!

2|4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
chives	1 bunch	1 bunch
butter* (for the mash)	40g	80g
milk*	2 tbs	⅓ cup
salt*	¼ tsp	½ tsp
dill	1 bunch	1 bunch
lemon	1	2
garlic	2 cloves	4 cloves
leek	1	2
broccolini	1 bunch	2 bunches
green beans	1 bag (100g)	1 bag (200g)
panko breadcrumbs	¼ packet	½ packet
capers	1 tub (25g)	2 tubs (50g)
water*	⅓ cup	½ cup
vegetable stock	½ cube	1 cube
butter* (for the sauce)	40g	80g
barramundi	1 packet	1 packet

*Pantry Items

NUTRITION PER SERVING **PER 100G** 506kJ (121Cal) 3290kJ (786Cal) Energy (kJ) 49.7g 7.6g Protein (g) 36.0g 5.5g Fat, total (g) 22.5g - saturated (g) 3.5g Carbohydrate (g) 63.2g 9.7g 9.6g 1.5g sugars (g) 1600mg 246mg Sodium (g)

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

PAIR THIS MEAL WITH =

Sauvignon Blanc Riesling

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