



SEARED BARRAMUNDI & LEEK-CAPER SAUCE WITH CHIVE MASH



Make a leek and
caper sauce



Potato



Chives



Dill



Lemon



Garlic



Leek



Broccolini



Green Beans



Panko Breadcrumbs



Capers



Vegetable Stock



Barramundi

Hands-on: **30 mins**
Ready in: **35 mins**

Eat me first

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.

Pantry Staples: Olive Oil, Butter, Milk

BEFORE YOU START

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**



1 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.



2 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 medium-high 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.



3 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.



4 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.



5 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**.



6 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	1/3 cup
salt*	1/4 tsp	1/2 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	1/4 packet	1/2 packet
capers	1 tub (25g)	2 tubs (50g)
water*	1/4 cup	1/2 cup
vegetable stock	1/2 cube	1 cube
butter* (for the sauce)	40g	80g
barramundi	1 packet	1 packet

*Pantry Items

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

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

PAIR THIS MEAL WITH

Sauvignon Blanc
or
Riesling

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