



Seared Barramundi & Wedges

with Apple Salad & Dill-Parsley Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Aussie Spice Blend



Apple



Cucumber



Mixed Salad Leaves



Barramundi



Dill & Parsley Mayonnaise

Recipe Update

Unfortunately, this week's potato was in short supply, so we've replaced it with sweet potato. Don't worry, the recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me First

Carb Smart

With its mild, buttery flavour and meaty texture, barramundi works a treat in our better-for-you take on fish and chips. Teamed with baked sweet potato wedges, a sweet and tart apple salad, and herby mayo for dipping, you won't even miss the deep-fried version.

Pantry items

Olive Oil, Plain Flour (or Gluten-Free Plain Flour), White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
Aussie spice blend	1 medium sachet	1 large sachet
plain flour* (or gluten-free plain flour)	1 tsp	2 tsp
barramundi	1 medium packet	1 large packet
apple	1	2
cucumber	1	2
white wine vinegar*	1 tsp	2 tsp
mixed salad leaves	1 small bag	1 medium bag
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2330kJ (557Cal)	480kJ (115Cal)
Protein (g)	30.7g	6.3g
Fat, total (g)	31.9g	6.6g
- saturated (g)	5.6g	1.2g
Carbohydrate (g)	35.9g	7.4g
- sugars (g)	14.1g	2.9g
Sodium (mg)	556mg	114mg
Dietary Fibre (g)	5.8g	1.1g

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.

1



Bake the sweet potato wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the wedges between two trays.

2



Flavour the barramundi

- When the wedges have **15 minutes** remaining, combine **Aussie spice blend**, the **flour** and a pinch of **pepper** on a plate.
- Press **barramundi**, skin-side up, into the **spice mixture** to coat.

3



Cook the barramundi

- In a medium frying pan, heat a drizzle of **olive oil** over a medium heat.
- When **oil** is hot, cook **barramundi**, skin-side down first, until just cooked through, **5 minutes** each side (depending on thickness).

TIP: Don't worry if your barramundi gets a little charred. This adds to the flavour!

TIP: Barramundi is cooked through when it turns from translucent to white.

4



Prep the salad

- Meanwhile, slice **apple** into thin sticks. Thinly slice **cucumber** into half-moons.
- In a small bowl, combine the **white wine vinegar** and a drizzle of **olive oil**. Season, then stir to combine.

5



Toss the salad

- In a medium bowl, add **mixed salad leaves**, **apple**, **cucumber** and the **dressing**.
- Toss to combine.

6



Serve up

- Divide seared barramundi, wedges and apple salad between plates.
- Serve with **dill & parsley mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW43

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate