

# Seared Barramundi & Wedges

with Apple Salad & Dill-Parsley Mayo







Potato





Barramundi







Mixed Salad Leaves

Cucumber



Dill & Parsley Mayonnaise



**≅** Salmon

Hands-on: 20-30 mins Ready in: 30-40 mins

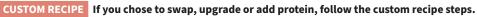






With its mild, buttery flavour and meaty texture, barramundi works a treat in our better-for-you take on fish and chips. Teamed with baked wedges, a slightly sweet and tart apple salad and herby mayo for dipping, you won't even miss the fried version.





#### **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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
Aussie spice blend	1 sachet	2 sachets	
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 packet (50g)	1 packet (100g)	
salmon**	1 small packet	1 large packet	

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kj)	2390kJ (571Cal)	461kJ (110Cal)
Protein (g)	33.9g	6.5g
Fat, total (g)	31.8g	6.1g
- saturated (g)	5.3g	1g
Carbohydrate (g)	36.6g	7.1g
- sugars (g)	9.5g	1.8g
Sodium (mg)	588mg	114mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kj)	2733kJ (653Cal)	399kJ (95Cal)
Protein (g)	43.2g	6.3g
Fat, total (g)	31.9g	4.7g
- saturated (g)	6.6g	1g
Carbohydrate (g)	43.9g	6.4g
- sugars (g)	24g	3.5g
Sodium (mg)	1198mg	175mg

The quantities provided above are averages only. \*Custom recipe is not Calorie Smart

## **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.



## Bake the wedges

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



### Flavour the barramundi

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

#### **CUSTOM RECIPE**

If you've upgraded to salmon, pat the salmon dry with paper towel, then flavour with the spice mixture, as above.



### Cook the barramundi

In a medium frying pan, heat a drizzle of **olive oil** over a medium heat. Cook the **barramundi**, skin-side down first, until just cooked through, **4-5 minutes** each side.

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

#### **CUSTOM RECIPE**

Heat a drizzle of olive oil in the pan over a medium-high heat. Cook the salmon, skin-side down first, until just cooked through, 2-4 minutes each side.



## Prep the salad

While the barramundi is cooking, slice the **apple** into thin sticks. Slice the **cucumber** into half-moons. In a medium bowl, combine the **white wine vinegar**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.



## Toss the salad

Add the **mixed salad leaves**, **apple** and **cucumber** to the dressing. Toss to combine.



## Serve up

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

#### **CUSTOM RECIPE**

Divide the seared salmon between plates, then serve as above.

## Enjoy!

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