

Seared Barramundi & Wedges

with Apple Salad & Dill-Parsley Mayo



Potato



Aussie Spice Blend



Barramundi



Apple



Cucumber



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Hands-on: **20-30 mins**
 Ready in: **30-40 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Calorie Smart[^]
 Eat Me First

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
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

*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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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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**.



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**.



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.



Toss the salad

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



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.



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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