



BLACKENED BARRAMUNDI AND PINEAPPLE SALSA

with Scallion Rice and Roasted Green Beans



HELLO

SOUTHWEST SPICE BLEND

Chili powder, garlic, and cumin bring major flavor to this sweet and savory dish.

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 550**



Scallions



Pineapple



Lime



Southwest
Spice Blend



Jasmine Rice



Green Beans



Barramundi
(Contains: Fish)

START STRONG

Want to master restaurant-quality crispy fish skin? First, pat the fillets as dry as you can with paper towels. Second, be sure to let the oiled pan get nice and hot before adding your fish, skin side down.

BUST OUT

- Small pot
- Paper towels
- Strainer
- Large pan
- 2 Small bowls
- Zester
- Baking sheet
- Vegetable oil (4 tsp | 8 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Scallions **2 | 4**
- Jasmine Rice **½ Cup | 1 Cup**
- Pineapple **4 oz | 8 oz**
- Green Beans **6 oz | 12 oz**
- Lime **1 | 2**
- Barramundi* **10 oz | 20 oz**
- Southwest Spice Blend **1 tsp | 2 tsp**

* Barramundi is fully cooked when internal temperature reaches 145 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 COOK RICE

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Trim and thinly slice **scallions**, separating whites from greens. Heat a drizzle of **oil** in a small pot over medium-high heat. Add scallion whites; cook 1-2 minutes. Stir in **rice** and **¾ cup water** (1½ cups for 4 servings). Bring to a boil, then cover and reduce heat to low. Cook until tender, about 15 minutes.



4 SEASON BARRAMUNDI

Pat **barramundi** dry with paper towels; season all over with **salt** and **pepper**. Season flesh side of fish with **Southwest Spice**; rub to evenly coat.



2 MAKE SALSA

Meanwhile, drain **pineapple** over a small bowl, reserving juice. Roughly chop pineapple. Trim **green beans**. Zest and quarter **lime**. In a second small bowl, combine **pineapple, scallion greens, lime zest** (to taste), juice from **1 lime wedge**, and **2 TBSP pineapple juice** (3 TBSP for 4 servings). Season with **salt** and **pepper**.



5 COOK BARRAMUNDI

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **barramundi**, skin side down. Cook until skin is crispy, 4-5 minutes. (**TIP:** Lower heat if skin begins to brown too quickly.) Flip and cook until fish is cooked through, 2-3 minutes. Turn off heat; transfer to a paper-towel-lined plate.



3 ROAST GREEN BEANS

Toss **green beans** on a baking sheet with a drizzle of **oil, salt**, and **pepper**. Roast on top rack until browned and tender, 10-12 minutes.



6 FINISH AND SERVE

Fluff **rice** with a fork; stir in **1 TBSP butter** (2 TBSP for 4 servings), remaining **lime zest** (to taste), and juice from **1 lime wedge**. Season with **salt** and **pepper**. Divide **rice, barramundi**, and **green beans** between plates. Top fish with **salsa**. Serve with remaining **lime wedges** on the side for squeezing over.

GOLD MEDAL

Pineapple's touch of sweetness balances this dish perfectly.

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