



Everything
But The Chef

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Crumbed Barramundi with Rosemary Potato Wedges

My my, what do we have here? It looks like your home-made fish and chips is about to get interesting! We've updated this classic fast-food dish to gourmet status. No greasy butter or underdone chips here - just healthy, delicious, and crunchy goodness instead. Enjoy!



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



seafood
first



pantry
items



Potatoes



Rosemary



Panko Breadcrumbs



Lemon



Barramundi



Mixed Salad

2P	4P	Ingredients	
450 g	900 g	potatoes, sliced into wedges	A
2 tbs	4 tbs	olive oil *	
1 sprig	2 sprigs	rosemary, roughly torn	
50 g	100 g	Panko breadcrumbs	
1	2	lemon, zested & sliced into wedges	
2 fillets	4 fillets	barramundi	
70 g	140 g	mixed salad, washed	

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2860	Kj
Protein	52.6	g
Fat, total	22.9	g
-saturated	3.8	g
Carbohydrate	61.6	g
-sugars	3.4	g
Sodium	343	mg

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **200°C/180°C** fan-forced.



2 Toss the **potato wedges** in half of the **oil**, half of the **rosemary**, some **salt** and **pepper** then lay out on a lined baking tray. Cook in the oven for **25-30 minutes** until crunchy and delicious.

3 Combine the **Panko breadcrumbs**, **lemon zest**, and the remaining rosemary in a large bowl and mix well to combine. Lightly oil the **barramundi fillets** and roll them in the crumb mix until well coated. Transfer to a lined baking tray and cook in the oven for **8 minutes** or until cooked to your liking.



4 Serve the fish with the crispy rosemary wedges, **mixed salad**, and some **lemon wedges**.



Did you know? Wealthy Victorians grew lemon trees indoors as both a sign of prestige and to keep their estates smelling fresh.