



BUTTERY BARRAMUNDI WITH TOMATO-FETA SALAD

plus Scallion Rice & Garlic Roasted Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Green Beans



2 | 4
Scallions



1 | 2
Tomato



1 | 1
Lemon



1 tsp | 2 tsp
Garlic Powder



½ Cup | 1 Cup
Jasmine Rice



1 | 2
Seafood Stock Concentrate
Contains: Fish, Shellfish



10 oz | 20 oz
Barramundi
Contains: Fish



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



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HELLO

BARRAMUNDI

This mild, buttery fish is a member of the sea bass family.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 590



ALL ABOUT THAT BASTE

Butter basting the fish fillets in Step 4 helps them develop a delicious crust and locks in juices (plus, it's butter...).

BUST OUT

- Zester
- Large pan
- Baking sheet
- Medium bowl
- Small pot
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Olive oil (2 tsp | 4 tsp)
- Butter (½ TBSP | 1 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim **green beans** if necessary. Trim and thinly slice **scallions**, separating whites from greens. Dice **tomato** into ¼-inch pieces. Zest and quarter **lemon**.



2 ROAST GREEN BEANS

- Toss **green beans** on a baking sheet with a **drizzle of oil**, **half the garlic powder** (you'll use the rest later), **salt**, and **pepper**. Roast on top rack until tender and browned, 12-15 minutes.



3 COOK RICE

- While green beans roast, in a small pot (**medium pot for 4 servings**), combine **rice**, **scallion whites**, **stock concentrate**, **¾ cup water** (1½ cups for 4), and a **pinch of salt**; bring to a boil. Once boiling, cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



4 COOK BARRAMUNDI

- Once rice has cooked about 8 minutes, pat **barramundi*** dry with paper towels; season all over with **remaining garlic powder**, **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add barramundi, skin sides down, to pan. Cook until skin is crispy, 4-5 minutes. Flip and cook until fish is cooked through, 2-3 minutes more.
- In the last minute of cooking, add **½ TBSP butter** (1 TBSP for 4 servings) and gently baste barramundi with melted butter.
- Remove pan from heat and set aside until ready to serve.



5 MAKE TOMATO SALAD

- While barramundi cooks, in a medium bowl, combine **tomato**, **scallion greens**, **feta**, **2 tsp olive oil** (4 tsp for 4 servings), **juice from one lemon wedge** (two wedges for 4), and as much **lemon zest** as you like. Taste and season with **salt** and **pepper** if needed.



6 FINISH & SERVE

- Fluff **rice** with a fork.
- Divide rice, **barramundi**, and **green beans** between plates in separate sections. Spoon any **remaining butter** from pan over barramundi; top with **tomato salad**. Serve with **remaining lemon wedges** on the side.

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