



BARRAMUNDI WITH ZESTY CILANTRO SAUCE

with Lemony Carrots & Garlic Couscous

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



¼ oz | ½ oz
Cilantro



1 | 1
Lemon



2 Cloves | 4 Cloves
Garlic



1 tsp | 2 tsp
Cumin



1 tsp | 1 tsp
Chili Flakes



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 | 2
Veggie Stock
Concentrate



10 oz | 20 oz
Barramundi
Contains: Fish



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



8 oz | 16 oz
Broccoli Florets

Calories: 590



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 620



HELLO

BARRAMUNDI

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

AWESOME SAUCE

Adjust the cilantro sauce to taste with lemon, garlic, and/or chili flakes. It should be balanced, with no single flavor dominating.

BUST OUT

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

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

HelloFresh.com

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



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Finely chop **cilantro**. Zest and quarter **lemon**. Peel and mince or grate **garlic**.

🔄 Cut **broccoli** into bite-size pieces if necessary. (Save carrots for another use.)



4 COOK COUSCOUS

- Heat **1 TBSP butter** (2 TBSP for 4 servings) in a small pot over medium-high heat. Add **couscous** and **remaining garlic**. Cook, stirring often, until garlic is fragrant and couscous is lightly toasted, 1-2 minutes.
- Stir in **¾ cup water** (1½ cups for 4) and **stock concentrate**. Bring to a boil, then cover and reduce to a low simmer. Cook until al dente, 6-8 minutes.
- Keep covered off heat until ready to serve.



2 ROAST CARROTS

- Toss **carrots** on a foil-lined baking sheet with a **drizzle of oil, salt, and pepper**.
 - Roast on top rack until golden brown and softened, 20-25 minutes.
- 🔄 Swap in **broccoli** for carrots. Roast until browned and tender, 15-20 minutes.



5 COOK FISH

- While couscous cooks, pat **barramundi*** dry with paper towels. Season all over with **remaining cumin, salt, and pepper**.
- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add barramundi and cook until opaque and cooked through, 4-6 minutes per side. Turn off heat.



3 MAKE SAUCE

- While carrots roast, in a small bowl, combine **cilantro, half the cumin (you'll use the rest later), half the lemon zest, 2 TBSP olive oil** (4 TBSP for 4 servings), a **big squeeze of lemon juice**, and a **pinch of garlic** to taste. Season with **salt, pepper, and chili flakes** to taste.



6 FINISH & SERVE

- Fluff **couscous** with a fork; season with **salt and pepper**.
- Toss **carrots** with **remaining lemon zest**.
- Divide couscous, carrots, and **barramundi** between plates. Top barramundi with **cilantro sauce**. Serve with **remaining lemon wedges** on the side.