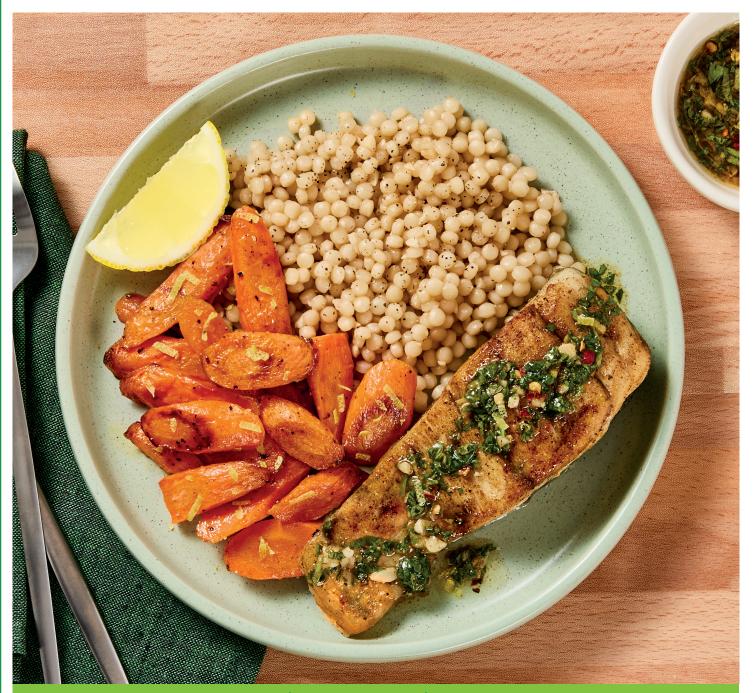


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# **BARRAMUNDI WITH ZESTY CILANTRO SAUCE**

with Lemony Carrots & Garlic Couscous



# PREP: 5 MIN COOK: 30 MIN CALORIES: 610

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### **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.

Small bowl

• Small pot

#### **BUST OUT**

- Peeler
- Zester

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- Aluminum foil
  Paper towels
- Baking sheet
  Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Olive oil (2 TBSP | 4 TBSP)
- Butter (**1 TBSP** | **2 TBSP**)
  Contains: Milk

# **MORE IS MORE**

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.) For HelloCustom nutritional information, please

refer to HelloFresh.com.

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\*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.)



# **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.



# **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.

#### **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.



#### **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 mediumhigh heat. Add barramundi and cook until opaque and cooked through, 4-6 minutes per side. Turn off heat.



# **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.

Toss broccoli with remaining lemon zest.

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