

INGREDIENTS

2 PERSON | 4 PERSON



Carrots





2 Cloves | 4 Cloves Garlic



2.5 oz | 5 oz Israeli Couscous **Contains: Wheat**



¼ oz | ½ oz Cilantro



1 tsp | 2 tsp Cumin



Veggie Stock Concentrate



Lemon



1 tsp | 1 tsp Chili Flakes



Barramundi Contains: Fish



ANY ISSUES WITH YOUR ORDER?



HelloCustom

2 PERSON | 4 PERSON

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

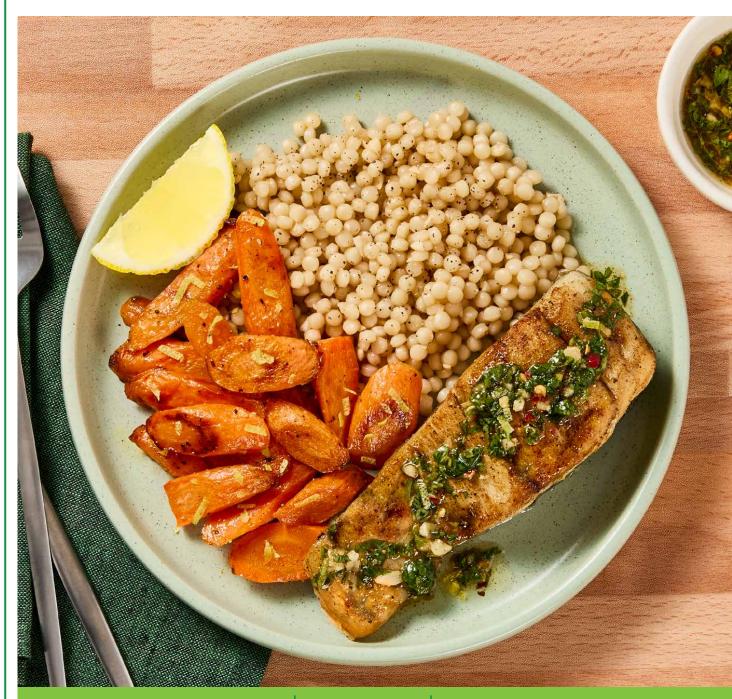






BARRAMUNDI WITH ZESTY CILANTRO SAUCE

with Lemony Carrots & Garlic Couscous



PREP: 5 MIN COOK: 30 MIN CALORIES: 610



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
- Small bowl Small pot
- Zester
- 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, you may need to cook in batches or larger 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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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 3/4 cup water (11/2 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.

