



## INGREDIENTS

2 PERSON | 4 PERSON



2 Cloves | 4 Cloves  
Garlic



1 | 2  
Green Olives



13.76 oz | 27.52 oz  
Colavita Crushed  
Tomatoes



10 oz | 20 oz  
Barramundi  
Contains: Fish



1 | 1  
Lemon



¼ oz | ½ oz  
Parsley



1 | 2  
Ciabatta  
Contains: Soy, Wheat



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



## HELLO

### ABRUZZO

This region of Italy, renowned for its *baccalà* (salt cod), served as the inspiration for our delicious fish dish.

# ABRUZZO-STYLE ROASTED TOMATO BARRAMUNDI

with Green Olives, Parsley & Garlic Bread



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 470

## COLAVITA

### COLAVITA

Family-owned Colavita has been distributing premium Italian products since 1979, ingredients of choice for chefs at home and in professional kitchens alike.



## CLOVE LOVE

In Step 5, you'll discover a fun shortcut for making garlic bread: Firmly rub the whole peeled garlic clove over the toasted bread to impart that famously tasty zip.

## BUST OUT

- Medium pan
- Baking dish
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Sugar (½ tsp | ¼ tsp)

## 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 START PREP

- Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel **garlic**; thinly slice half the garlic and leave remaining garlic whole. Roughly chop **olives**.



### 4 FINISH PREP

- Meanwhile, quarter **lemon**. Pick **parsley** leaves from stems; roughly chop leaves.



### 2 MAKE SAUCE

- Heat a **large drizzle of olive oil** in a medium pan over medium-low heat; add **sliced garlic** and cook, stirring, until fragrant, 30 seconds. **TIP: If you like a bit of heat, add a pinch of chili flakes from your pantry.**
- Add **olives, Colavita crushed tomatoes, ½ tsp sugar, 1 tsp salt, and pepper (¼ tsp sugar and 2 tsp salt for 4 servings)**; increase heat to medium and bring to a simmer, stirring occasionally. Once sauce is simmering, remove from heat.



### 5 MAKE GARLIC BREAD

- Halve **ciabatta** and toast until golden.
- Drizzle cut sides with **olive oil** and rub **whole garlic** over surface. (**TIP: The rough texture of the toasted bread will "grate" the garlic—no need to use the whole clove!**) Season with **salt** and **pepper**.



### 3 ROAST FISH

- Pat **barramundi\*** dry with paper towels and season all over with **salt** and **pepper**.
- Carefully transfer **half the sauce** to an 8-by-8-inch baking dish (**9-by-13-inch baking dish for 4 servings**). Place barramundi atop sauce and spoon remaining sauce over top of fish to coat.
- Roast on middle rack until barramundi is cooked through, 15-20 minutes.



### 6 FINISH & SERVE

- Once barramundi is done, squeeze **juice from one lemon wedge (two wedges for 4 servings)** over top and garnish with **parsley**.
- Divide **barramundi** between plates and top with any **remaining sauce** from baking dish. Serve with **garlic bread** and any remaining lemon wedges on the side.

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