



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!

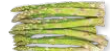


HelloCustom

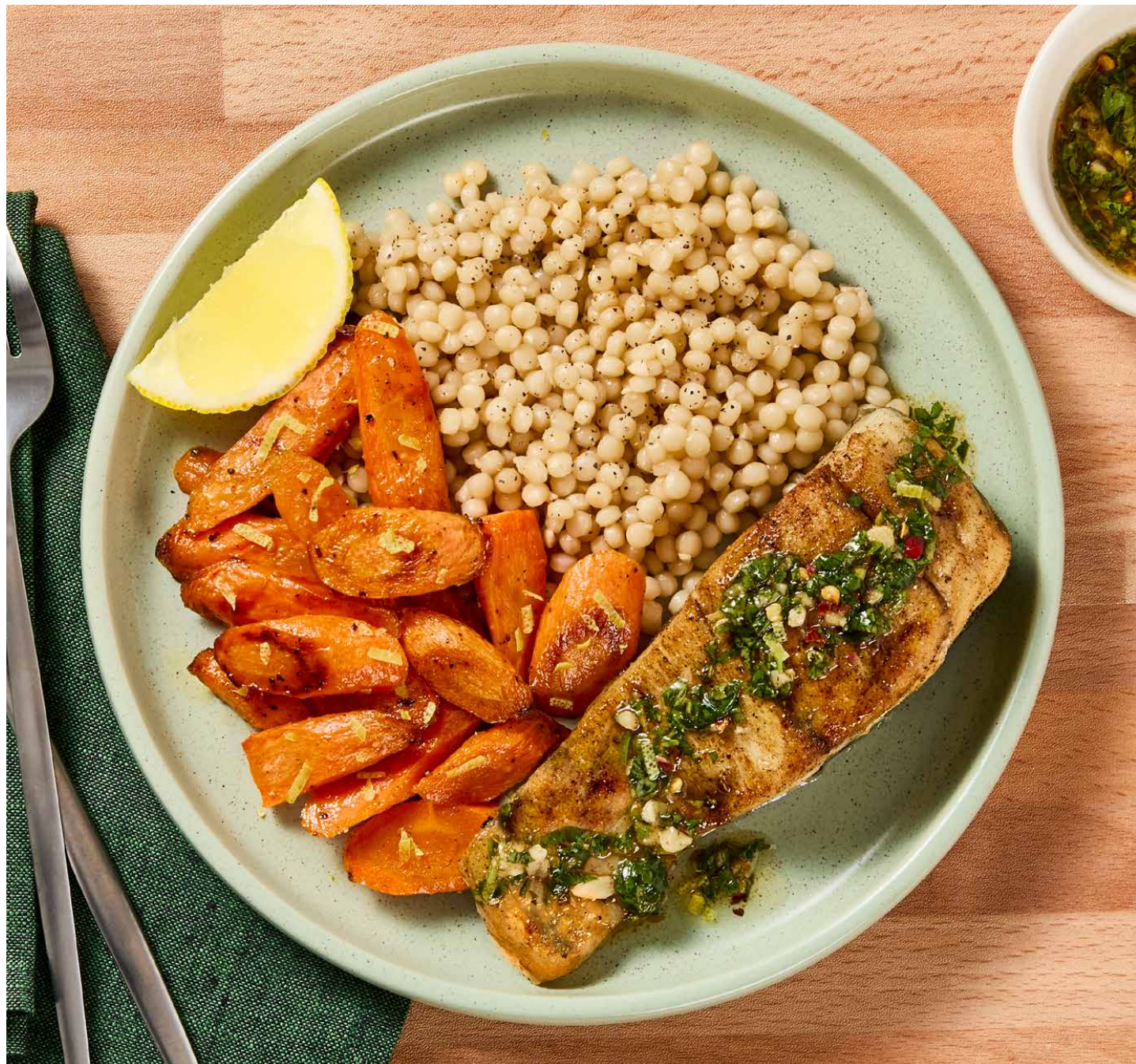
If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



8 oz | 16 oz
Broccoli
Calories: 590



6 oz | 12 oz
Asparagus
Calories: 560



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
 - Zester
 - Aluminum foil
 - Baking sheet
 - Small bowl
 - Small pot
 - Paper towels
 - 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 or trim and discard woody bottom ends from **asparagus**. (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** or **asparagus** for carrots; roast 15-20 minutes for broccoli or 10-12 minutes for asparagus.



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.
- Toss **broccoli** or **asparagus** with **remaining lemon zest**.

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