



HELLO

FAST & FRESH

A super-speedy meal designed by our chefs that delivers a delicious dinner to your table in 15 minutes or less!

BUST OUT

2 PERSON | 4 PERSON

- Small bowl
- Plastic wrap
- Paper towels
- Large pan
- Large bowl
- Whisk
- Kosher salt
- Black pepper
- Sugar (**¼ tsp** | **½ tsp**)
- Cooking oil (**2 tsp** | **2 tsp**)
- Olive oil (**1 tsp** | **1 tsp**)



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LEMON-GARLIC BARRAMUNDI & BRUSSELS SALAD **FAST & FRESH**

Pickled Shallot, Cranberries & Hazelnuts

BOX TO PLATE: 15 MINUTES



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YOUR MEAL?

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CALORIES: 530

1 ZAP



1 | 2
Lemon



1 | 2
Shallot

- **Wash and dry produce.**
- Halve, peel, and thinly slice **shallot**. Quarter **lemon**.
- In a small microwave-safe bowl, combine **shallot**, **¼ tsp sugar** (**½ tsp for 4**), **juice from half the lemon**, and a **pinch of salt**. Cover with plastic wrap and microwave for 1 minute. Stir and set aside.



3 TOSS



1.5 oz | 3 oz
Italian Dressing
Contains: Milk



2 tsp | 4 tsp
Dijon Mustard



8 oz | 16 oz
Shredded Brussels
Sprouts



1 oz | 2 oz
Dried Cranberries

- In a large bowl, whisk together **dressing**, **mustard**, a **drizzle of olive oil**, and **juice from one lemon wedge** (**two wedges for 4**).
- Add **Brussels sprouts**, **cranberries**, and **half the pickled shallot** (**draining first**); toss to combine. Taste and season with **salt** and **pepper**. **TIP: If you have extra time or prefer more tender veggies, massage sprouts in bowl with dressing for 30 seconds before adding cranberries and shallot.**



2 SIZZLE



10 oz | 20 oz
Barramundi
Contains: Fish



1 tsp | 2 tsp
Garlic Powder

- Pat **barramundi*** dry. Season all over with **garlic powder**, **salt**, and **pepper**.
- Heat a **large drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Cook **barramundi**, skin sides down, until skin is crisp, 4-5 minutes, then flip and cook until cooked through, 2-3 minutes more (**reduce heat if browning too quickly**). Transfer to a plate and squeeze **one lemon wedge** (**two wedges for 4**) over fish. **TIP: While barramundi cooks, move on to the next step!**



4 SERVE



1 oz | 2 oz
Hazelnuts
Contains: Tree Nuts

- Roughly chop **hazelnuts**.
- Garnish **salad** with hazelnuts and **remaining pickled shallot** (**draining first**); serve alongside **barramundi**.



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