



# 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 Clove(s) | 4 Clove(s)  
Garlic



1 tsp | 2 tsp  
Cumin



1 tsp | 1 tsp  
Chili Flakes



10 oz | 20 oz  
Barramundi  
Contains: Fish



1 | 2  
Veggie Stock  
Concentrate



2½ oz | 5 oz  
Israeli Couscous  
Contains: Wheat



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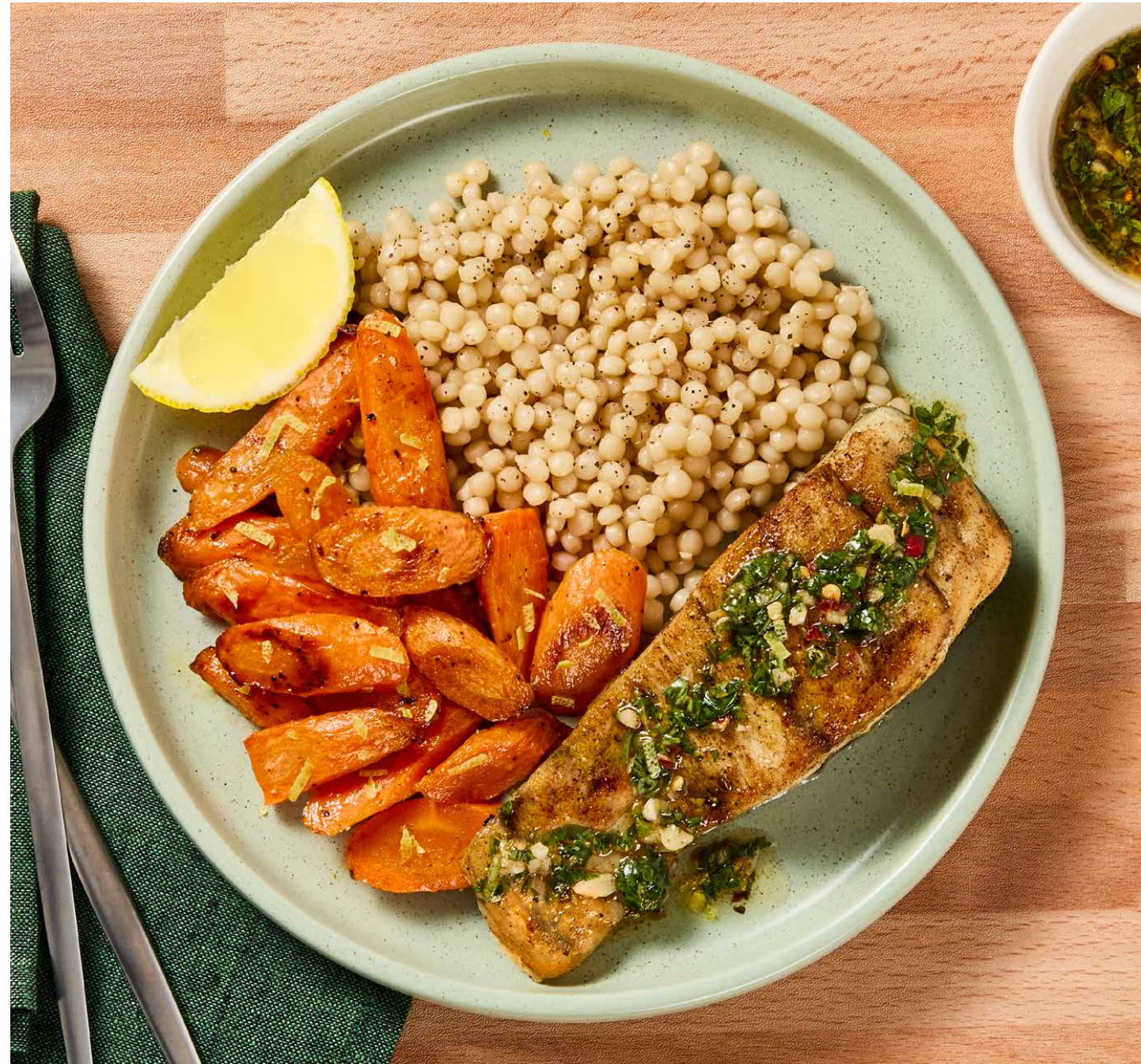
If you chose to modify your meal, follow the  
**HelloCustom** instructions on the flip side of this card.



8 oz | 16 oz  
Broccoli  
Calories: 510



6 oz | 12 oz  
Green Beans  
Calories: 570



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
- Olive Oil
- Butter
- *Contains: Milk*

### MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

*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 or trim **green beans** if necessary. (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 **green beans** for carrots. Roast 15-20 minutes for broccoli or 12-15 minutes for green beans.



### 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 **green beans** with **remaining lemon zest**.

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