



Barramundi and Brown Butter Lemon Sauce

with Roasted Potatoes and Sugar Snap Peas

PRONTO 30 Minutes



Barramundi



Red Potato



Lemon



Sugar Snap Peas



Shallot



Pine Nuts

HELLO BARRAMUNDI

Mild, buttery, sustainable, and high in omega-3s!

Start Strong

Before starting, preheat the oven to 450°F and wash and dry all produce.

Bust Out

Baking Sheet, Large Non-Stick Pan, Measuring Spoons, Paper Towels, Zester, Medium Bowl

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Red Potato	300 g	600 g
Lemon	1	1
Sugar Snap Peas	113 g	227 g
Shallot	50 g	113 g
Pine Nuts	28 g	56 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. ROAST POTATOES

Cut **potatoes** into ¼-inch rounds. Toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in **middle** of the oven, until golden-brown and tender, 20-22 min.



2. PREP & TOAST NUTS

While **potatoes** roast, trim the **snap peas**. Peel, then thinly slice **shallot** into ⅛-inch slices. Zest, then juice **half the lemon** (1 lemon for 4 ppl). Heat a large non-stick pan over medium-high heat. When hot, add the **pine nuts** to the dry pan. Toast, stirring often, until golden-brown 2-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a medium bowl.



3. COOK SNAP PEAS & SHALLOTS

Add **1 tbsp oil** (dbl for 4 ppl) to the same pan, then **snap peas** and **shallots**. Cook, stirring occasionally, until **peas** are tender-crisp, 4-5 min. Season with the **salt** and **pepper**. Transfer to the medium bowl with the **pine nuts** and cover to keep warm.



4. COOK FISH

Pat the **barramundi** dry with paper towels, then season with **salt** and **pepper**. Add **1 tbsp oil** (dbl for 4 ppl) to the pan then the **barramundi** skin side down. Cook, until golden-brown and cooked through, 4-5 min per side. ****** Set aside on a plate skin-side up.



5. FINISH SAUCE

Add **1 tbsp butter** (dbl for 4 ppl) to the same pan. Swirl to melt, 1 min. Remove the pan from heat. Add the **lemon juice**. Stir together, scraping up all the **brown bits** from the bottom of the pan, until combined, 30 sec.



6. FINISH AND SERVE

Stir the **lemon zest** into the **pea-shallot mixture**. Divide the **potatoes**, **veggies** and **barramundi** between plates. Drizzle the **brown butter-lemon sauce** over the **barramundi**.

Dinner Solved!