



Crispy Skinned Barramundi

with Potatoes, Garlicky Green Beans and Lemony Dip

FAMILY 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



-  Barramundi Fillets
-  Yellow Potato
-  Green Beans
-  Parsley and Thyme
-  Lemon
-  Mayonnaise
-  Sour Cream
-  Garlic
-  Shallot
-  Chives

HELLO BARRAMUNDI
A popular Australian white fish!

START HERE

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

Bust Out

Baking Sheet, Large Non-Stick Pan, Medium Pot, Paper Towels, Parchment Paper, Small Bowl, Microplane/Zester, Measuring Spoons

Ingredients

| | 2 Person | 4 Person |
|--------------------|----------|----------|
| Barramundi Fillets | 282 g | 564 g |
| Yellow Potato | 300 g | 600 g |
| Green Beans | 170 g | 340 g |
| Parsley and Thyme | 14 g | 21 g |
| Lemon | 1 | 2 |
| Mayonnaise | 2 tbsp | 4 tbsp |
| Sour Cream | 6 tbsp | 12 tbsp |
| Garlic | 6 g | 12 g |
| Shallot | 50 g | 100 g |
| Chives | 7 g | 14 g |
| 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 thick wedges. Toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in **middle** of oven, until golden-brown, 21-23 min.



4. COOK GREEN BEANS

While **barramundi** cooks, heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then add **shallots** and **green beans**. Cook, stirring occasionally, until green **beans** are tender-crisp, 3-4 min. Add **half the garlic**. Cook, stirring often, until fragrant, 1 min. Remove pot from the heat, then add **parsley** and stir together. Season with **salt** and **pepper**. Set aside.



2. PREP

While **potatoes** roast, peel, then thinly slice **shallot**. Roughly chop **parsley**. Strip **½ tbsp thyme** (dbl for 4 ppl) leaves off stems. Thinly slice **chives**. Trim the stems off the **green beans**, then cut in half. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Peel, then mince or grate **garlic**.



5. MAKE SAUCE

While **green beans** cook, add **mayo**, **sour cream**, **lemon juice**, **half the chives**, **remaining garlic** and **1 tsp lemon zest** in a small bowl. Season with **salt** and **pepper**. Stir to combine.



3. COOK BARRAMUNDI

Pat **barramundi** dry with paper towels, then sprinkle over the **thyme**. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **barramundi**, skin-side down. Cook, until golden-brown and cooked through, 4-5 min per side.**



6. FINISH AND SERVE

Divide the **potatoes**, **green beans** and **barramundi** between plates. Sprinkle over **remaining chives**. Serve with **lemony sauce** on the side, for dipping. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!