



# LEMON BUTTER BARRAMUNDI

with Pistachio Rice & Chili-Roasted Carrots



## HELLO BARRAMUNDI

A member of the sea bass family, this fish is firm-fleshed and has a unique, buttery flavor.

**PREP: 10 MIN** | **TOTAL: 35 MIN** | **CALORIES: 750**



Carrots



Lemon



Pistachios  
(Contains: Tree Nuts)



Tunisian Spice Blend



Jasmine Rice



Scallions



Chili Flakes



Barramundi  
(Contains: Fish)



Veggie Stock Concentrate



## START STRONG

Want to master restaurant-quality crispy fish skin? First, pat the fillets as dry as you can with paper towels. Second, be sure to let the oiled pan get nice and hot before adding your fish skin sides down.

## BUST OUT

- Zester
- Peeler
- Baking sheet
- Small pot
- Large pan
- Olive oil (4 tsp | 4 tsp)
- Butter (3 TBSP | 4 TBSP)  
(Contains: Milk)
- Small bowl
- Paper towels
- Kosher salt
- Black pepper

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Scallions 2 | 4
- Lemon 1 | 2
- Carrots 12 oz | 24 oz
- Chili Flakes 1 tsp | 2 tsp
- Jasmine Rice ½ Cup | 1 Cup
- Pistachios 1 oz | 2 oz
- Barramundi\* 10 oz | 20 oz
- Tunisian Spice Blend 1 TBSP | 1 TBSP
- Veggie Stock Concentrate 1 | 2

\* Barramundi is fully cooked when internal temperature reaches 145 degrees.

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

# HelloFRESH



## 1 PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon** (quarter both lemons for 4 servings).



## 4 TOAST NUTS & COOK FISH

While rice cooks, heat a large, preferably nonstick, pan over medium-high heat. Add **pistachios**; cook, stirring, until lightly toasted, 2-3 minutes. Transfer to a small bowl. Pat **barramundi** dry with paper towels; season with **salt** and **pepper**. Season flesh sides with half the **Tunisian Spice** (use all for 4 servings). Add a large drizzle of **olive oil** to same pan over medium-high heat. Add barramundi skin sides down; cook until skin is crispy and fish is cooked through, 3-5 minutes per side. (**TIP:** Lower heat if spice starts to burn.) Turn off heat; transfer to a plate. Wipe out pan.

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | [hello@hellofresh.com](mailto:hello@hellofresh.com)



## 2 ROAST CARROTS

Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Toss on a baking sheet with a large drizzle of **olive oil** and a pinch of **chili flakes**, **salt**, and **pepper**. Roast, flipping halfway through, until lightly browned and tender, 20-25 minutes.



## 5 MAKE SAUCE

Heat pan used for barramundi over medium-high heat. Add **stock concentrate**, a squeeze of **lemon juice**, and ¼ **cup water** (⅓ cup for 4). Cook, stirring, until slightly reduced, 2-4 minutes. Remove from heat; stir in **lemon zest** to taste and **2 TBSP butter** (3 TBSP for 4) until melted. Taste and season with **salt**, **pepper**, and more lemon juice if desired.



## 3 COOK RICE

Meanwhile, melt **1 TBSP butter** in a small pot over medium-high heat. Add **scallion whites**; cook until slightly softened, 30 seconds. Add **rice**, ¾ **cup water** (1½ cups for 4 servings), and a pinch of **salt**. Bring to a boil; cover and reduce heat to low. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



## 6 FINISH & SERVE

Fluff **rice** with a fork; stir in **pistachios** and remaining **lemon zest**. Divide rice, **carrots**, and **barramundi** between plates. Top barramundi with **sauce**. Sprinkle with **scallion greens**. Serve with remaining **lemon wedges** on the side.

## NUTS FOR NUTS

Toasting pistachios not only enhances their nutty flavor but also intensifies their crunchy texture.

WK 3 NJ-13