



Mediterranean-Style Baked Barramundi

with Herby Chickpea Couscous

PRONTO 35 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
-  Chickpeas
-  Zucchini
-  Couscous
-  Grape Tomatoes
-  Mediterranean Spice Blend
-  Feta Cheese
-  Lemon
-  Parsley

HELLO BARRAMUNDI

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

START HERE

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

Bust Out

Measuring Cups, Strainer, Paper Towels, 8x8-Inch Baking Dish, Kettle, Medium Bowl, Microplane/Zester, Measuring Spoons

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Chickpeas	370 ml	740 ml
Zucchini	200 g	400 g
Couscous	½ cup	1 cup
Grape Tomatoes	113 g	227 g
Mediterranean Spice Blend	2 tbsp	4 tbsp
Feta Cheese	¼ cup	½ cup
Lemon	1	1
Parsley	7 g	7 g
Unsalted Butter*	2 tbsp	4 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. PREP

Slice the **zucchini** into ½-inch slices. Cut the **tomatoes** in half. Drain, then rinse the **chickpeas**. Pat the **barramundi** dry with paper towels. Season the **barramundi flesh** with **salt** and **half the Mediterranean Spice**.



4. FINISH COUCOUS

Roughly chop the **parsley**. Zest, then juice **half the lemon**. Cut the **remaining lemon** into wedges. When **couscous** is tender, fluff with a fork. Stir in the **lemon juice**, **lemon zest** and **half the parsley**. Season with **salt** and **pepper**.



2. ASSEMBLE BAKE

Add the **zucchini**, **tomatoes**, **chickpeas** and **1 tbsp oil** (dbl for 4ppl) to a 8x8-inch baking dish (9x13-inch for 4ppl). Season with **salt** and **pepper**. Toss to coat. Arrange the **barramundi**, skin side up, on-top of the **veggies**. Roast in the **middle** of the oven, until **veggies** and **fish** are cooked, 26-28 min.**



5. FINISH AND SERVE

Remove the **skin** from the **barramundi** and gently flake using a fork. Divide the **couscous** between plates. Top with the **veggies**, **barramundi** and any **juices** from the dish. Sprinkle over the **feta** and **remaining parsley**. Squeeze over a **lemon wedge** if desired.



3. COOK COUSCOUS

Bring a kettle of **water** to a boil. Stir together the **couscous**, **remaining Mediterranean Spice**, **¾ cup boiling water** (dbl for 4ppl) and **2 tbsp butter** (dbl for 4ppl) in a medium bowl. Cover and let stand, until **couscous** is tender and **liquid** is absorbed, 5-6 min.

Dinner Solved!