



Spanish Style Barramundi

with Roasted Potatoes and Sweet Pepper Gastrique

Calorie Smart

25 Minutes



Barramundi



Yellow Potato



Smoked Paprika-Garlic Blend



Garlic



White Wine Vinegar



Red Pepper Jelly



Sweet Bell Pepper



Yellow Onion



Mixed Olives

HELLO GASTRIQUE

A sweet and tangy sauce that adds a kick to any dish!

Start here

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

Bust Out

Baking sheet, measuring spoons, parchment paper, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Yellow Potato	360 g	720 g
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Garlic	3 g	6 g
White Wine Vinegar	1 tbsp	2 tbsp
Red Pepper Jelly	2 tbsp	4 tbsp
Sweet Bell Pepper	160 g	320 g
Yellow Onion	113 g	226 g
Mixed Olives	30 g	60 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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Roast potatoes

Cut **potatoes** into ½-inch pieces. Add **potatoes, half the Smoked Paprika-Garlic Blend** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 22-25 min.



Prep

While the **potatoes** roast, peel, then cut **onion** into ¼-inch slices. Core, then cut **pepper** into ¼-inch pieces. Peel, then mince or grate **garlic**. Roughly chop **olives**. Stir together **red pepper jelly, vinegar** and **1 tbsp water** (dbl for 4 ppl) in a small bowl. (**NOTE:** This is your pepper sauce.)



Cook barramundi

Heat a large non-stick pan over medium-high heat. While the pan heats, pat **barramundi** dry with paper towels. Season with **salt, pepper** and **remaining Smoked Paprika-Garlic Blend**, avoiding the skin side. When hot, add **½ tbsp oil** (dbl for 4 ppl) to the pan, then **barramundi**, skin-side down. Cook until skin is golden-brown and crispy, 4-5 min. Flip and cook until opaque and cooked through, 2-3 min.**



Cook veggies

Carefully wipe pan clean. Heat over medium-high. Add **½ tbsp oil**, then **onions** and **peppers**. Cook, stirring often, until veggies soften, 2-3 min. Season with **salt** and **pepper**. Add **garlic** and cook, stirring until fragrant, 30 sec.



Make gastrique

Add the **pepper sauce** to the pan. Boil until **gastrique** thickens slightly, 1 min. Season with **salt**. Add **olives** and stir to warm through.



Finish and serve

Divide **veggies** between plates, then place **barramundi** on top. Serve **potatoes** alongside.

Dinner Solved!