



Barramundi and Brown Butter Lemon Sauce

with Roasted Potatoes and Sugar Snap Peas

Family Friendly

30 Minutes



Barramundi



Red Potato



Lemon



Sugar Snap Peas



Red Onion



Pine Nuts

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

Baking sheet, medium bowl, measuring spoons, zester, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Red Potato	360 g	720 g
Lemon	1	1
Sugar Snap Peas	113 g	227 g
Red Onion	50 g	100 g
Pine Nut	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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Roast potatoes

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



Prep and toast nuts

While **potatoes** roast, trim **snap peas**. Peel, then thinly slice **½ cup onion** (dbl for 4 ppl). Zest, then juice **half the lemon** (whole lemon for 4 ppl). Heat a large non-stick pan over medium-high heat. When hot, add **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.



Cook veggies

Add **1 tbsp oil** (dbl for 4 ppl) to the same pan, then **snap peas** and **onions**. Cook, stirring occasionally, until **snap 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.



Cook fish

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



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 **lemon juice**. Stir together, scraping up all the browned bits from the bottom of the pan, until combined, 30 sec.



Finish and serve

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

Dinner Solved!