



Cal Smart Barramundi Bistro Salad

with Buttered Garlic Potatoes

Calorie Smart 30 Minutes



Barramundi



Roma Tomato



Baby Potatoes



Parsley



Whole Grain Mustard



Red Wine Vinegar



Baby Spinach



Shallot



Mixed Olives



Garlic, cloves

HELLO BARRAMUNDI

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

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, strainer, large bowl, whisk, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Roma Tomato	160 g	320 g
Baby Potatoes	360 g	720 g
Parsley	7 g	7 g
Whole Grain Mustard	1 tbsp	2 tbsp
Red Wine Vinegar	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Shallot	50 g	100 g
Mixed Olives	60 g	120 g
Garlic, cloves	1	2
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 the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Boil potatoes

- Quarter **potatoes**.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl).
- Bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 12-14 min.
- Drain and return **potatoes** to the same pot, off heat.



Coat potatoes

- Add **potatoes**, **1 tbsp butter**, **¼ tsp garlic** (dbl both for 4 ppl) and **half the parsley** to a medium bowl.
- Season with **salt** and **pepper**, then gently toss to coat.



Prep

- Meanwhile, cut **tomatoes** into ½-inch pieces.
- Roughly chop **parsley**.
- Peel, then thinly slice **shallot** into ⅛-inch slices.
- Peel, then mince or grate **garlic**.
- Drain, then tear **olives** in half.



Cook barramundi

- Pat **barramundi** dry with paper towels, then season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **barramundi**, skin-side down. Cook until **skin** is crispy, 4-5 min.
- Flip and cook until **barramundi** is opaque and cooked through, 2-3 min. ** (TIP: Try not to move the barramundi, this will ensure it stays in one piece and doesn't stick to the pan.)



Make dressing and marinate shallots

- Add **vinegar**, **mustard**, and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **shallots**. Toss to coat. Set aside.



Finish and serve.

- Add **spinach**, **tomatoes** and **olives** to the bowl with **dressing and shallots**. Toss to combine.
- Divide **salad**, **potatoes** and **barramundi** between plates.
- Sprinkle **remaining parsley** over top.

Dinner Solved!