



# Cal Smart Flakey Barramundi and Grape Pan Sauce with Rosemary Potatoes

Calorie Smart

35 Minutes



Barramundi



Red Grapes



Russet Potato



Rosemary



Spring Mix



Red Wine Vinegar



Mini Cucumber



Garlic Puree

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

## Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Red Grapes	170 g	340 g
Russet Potato	460 g	920 g
Rosemary	1 sprig	2 sprig
Spring Mix	56 g	113 g
Red Wine Vinegar	2 tbsp	4 tbsp
Mini Cucumber	66 g	132 g
Garlic Puree	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¾ tsp	1 ½ tsp
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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## Roast potatoes

Strip **1 tbsp rosemary leaves** from stem, then finely chop. Cut **potatoes** into ½-inch pieces. Add **potatoes, rosemary** and **½ 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, until golden-brown, 25-28 min.



## Cook grape pan sauce

While **barramundi** cooks, heat a small non-stick pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **grapes**. Cook, stirring often, until **grapes** soften, 2-3 min. Add **remaining vinegar, garlic puree** and **½ tsp sugar** (dbl for 4 ppl). Cook, stirring often, until **sauce** thickens slightly, 1-2 min.



## Prep

While **potatoes** roast, thinly slice **cucumber** into ¼-inch rounds. Quarter **grapes**. Whisk together **half the vinegar, ½ tbsp oil**, and **¼ tsp sugar** (dbl both for 4 ppl) in a large bowl. Add **cucumbers**. Season with **salt and pepper**, then toss to coat. Set aside.



## Toss salad

Add **spring mix** to the bowl with **cucumbers**. Season with **salt and pepper**, then toss to combine.



## Cook barramundi

Pat **barramundi** dry with paper towels, then season both sides with **salt and pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ 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.\*\*



## Finish and serve

Divide **salad, rosemary potatoes** and **barramundi** between plates. Spoon **grape pan sauce** over **barramundi**.

## Dinner Solved!