



Cal Smart Harissa Barramundi with Roasted Veggie Couscous

Calorie Smart

Spicy

30 Minutes



Barramundi



Hummus



Harissa Spice Blend



Sweet Bell Pepper



Red Onion, sliced



Vegetable Broth Concentrate



Zucchini



Lemon



Couscous

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

2 baking sheets, measuring spoons, zester, medium pot, parchment paper, 2 small bowls, measuring cups

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Hummus	57 g	114 g
Harissa Spice Blend 🍷	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Red Onion, sliced	56 g	113 g
Vegetable Broth Concentrate	1	2
Zucchini	200 g	400 g
Lemon	1	1
Couscous	½ cup	1 cup
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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Prep

Core, then cut **pepper** into ½-inch pieces. Halve **zucchini** lengthwise, then cut into ½-inch half-moons. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges.



Roast barramundi

Add **half the lemon zest**, **half the Harissa Spice Blend**, **half the garlic puree** and **1 tbsp oil** (dbl for 4 ppl) to a small bowl. Stir to combine. Line a baking sheet with parchment paper. Pat **barramundi** dry with paper towels. Arrange **barramundi** on prepared baking sheet, skin-side down, then spread **harissa mixture** over tops. Roast in the **top** of the oven until cooked through, 14-17 min.**



Roast veggies

While **barramundi** roasts, add **peppers, zucchini, onions, remaining Harissa Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) to another baking sheet. Season with **salt** and **pepper**, then toss combine. Roast in the **middle** of the oven until tender-crisp, 12-15 min.



Cook couscous

While **veggies** roast, heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **remaining garlic puree**. Cook, stirring often, until fragrant, 30 sec. Add **¾ cup water**, **¼ tsp salt** (dbl both for 4 ppl) and **broth concentrate**. Bring to a boil over high heat. Once boiling, remove pot from heat, then add **couscous**. Stir to combine. Cover and let stand for 5 min.



Make hummus drizzle

While **couscous** cooks, add **hummus, remaining lemon zest**, **½ tbsp lemon juice** and **2 tsp water** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Finish and serve

Fluff **couscous** with a fork, then season with **salt** and **pepper**. Stir in roasted **veggies** and **remaining lemon juice**. Divide **couscous** between plates. Gently remove skin from **barramundi** and discard. Top **couscous** with **barramundi**, then drizzle **hummus** over top. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!