



Cal Smart Peanut-Crusted Barramundi

with Pineapple and Cilantro-Lime Vinaigrette

Calorie Smart

Quick

25 Minutes



Barramundi



Thai Seasoning



Mayonnaise



Spring Mix



Sweet Bell Pepper



Pineapple



Peanuts, chopped



Lime



Cilantro



Mini Cucumber

HELLO LIME ZEST

Punch up the flavour of a vinaigrette with a sprinkle of lime zest!

Start here

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

Bust out

Baking sheet, zester, large bowl, parchment paper, small bowl, whisk, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Thai Seasoning	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Spring Mix	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Pineapple	95 g	190 g
Peanuts, chopped	28 g	56 g
Lime	1	2
Cilantro	7 g	14 g
Mini Cucumber	66 g	132 g
Sugar*	½ tsp	1 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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1



Prep and roast barramundi

- Combine **mayo** and **Thai Seasoning** in a small bowl.
- Pat **barramundi** dry with paper towels, then season with **salt** and **pepper**.
- Arrange **barramundi** on a parchment-lined baking sheet, skin-side down. Spread **spiced mayo** over **flesh side of barramundi**.
- Sprinkle **peanuts** over top, then press gently to adhere.
- Roast in the **middle** of the oven until cooked through, 8-10 min. **

4



Make salad

- Add **peppers**, **cucumbers**, **pineapple** and **spring mix** to the large bowl with **vinaigrette**. Toss to combine.

2



Prep

- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Halve **cucumber** lengthwise, then cut into ¼-inch half-moons.
- Cut **pineapple** into ¼-inch pieces.
- Finely chop **cilantro**.
- Zest, then juice **lime**.

5



Finish barramundi

- Carefully remove skin from **barramundi**, if desired.

3



Make vinaigrette

- Add **lime zest**, **lime juice**, **half the cilantro**, **½ tsp sugar** and **1 ½ tbsp oil** (dbl both for 4 ppl) to a large bowl.
- Season with **salt** and **pepper**, to taste, then whisk to combine.

6



Finish and serve

- Divide **salad** between plates. Top with **barramundi**.
- Sprinkle with **remaining cilantro**.

Dinner Solved!