



Cornmeal Crusted Barramundi 'n' Chips

with Tartar Sauce and Garlic-Butter Carrots

Family Friendly 30 Minutes



Barramundi



Russet Potato



Mayonnaise



Carrot



Cornmeal



Southwest Spice Blend



Garlic, cloves



Dill Pickle, sliced

HELLO BARRAMUNDI

This firm-fleshed fish is a member of the sea bass family and has a unique, buttery flavour!

Start here

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

Bust out

Baking sheet, vegetable peeler, measuring spoons, shallow dish, parchment paper, small pot, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Russet Potato	460 g	920 g
Mayonnaise	4 tbsp	8 tbsp
Carrot	340 g	680 g
Cornmeal	¼ cup	½ cup
Southwest Spice Blend	1 tbsp	2 tbsp
Garlic, cloves	2	4
Dill Pickle, sliced	90 ml	90 ml
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.

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Bake fries

Cut **potatoes** in half lengthwise, then into ¼-inch slices. Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Roast in the **middle** of oven, flipping halfway through, until golden-brown, 24-26 min. (**NOTE:** For 4 ppl, bake in the middle and bottom of the oven, rotating sheets halfway through.)



Cook carrots

While **barramundi** cooks, peel, then mince or grate **garlic**. Peel, then halve **carrots** lengthwise, then cut into ¼-inch half-moons. Heat a small pot over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted. Add **garlic**. Cook, stirring often, until slightly softened, 1-2 min. Stir in **carrots** and **2 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cover and cook, stirring occasionally, until **carrots** are softened and **liquid** is absorbed, 4-6 min. Remove the pan from heat.



Prep barramundi

While **fries** bake, combine **Southwest Spice Blend**, **cornmeal**, **½ tsp salt** and **¼ tsp pepper** (dbl both for 4 ppl) in a shallow dish. Pat **barramundi** dry with paper towels. Season with **salt**. Working with **one piece of barramundi** at a time, press both sides into **cornmeal mixture** to coat completely.



Make tartar sauce

While **carrots** cook, drain, then pat **pickles** dry with paper towels. Finely chop **half the pickles** (all for 4 ppl). Add **chopped pickles** and **mayo** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Cook barramundi

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **barramundi**. Pan-fry until golden brown and cooked through, 4-5 min per side.**



Finish and serve

Divide **barramundi**, **fries**, **carrots** and any **remaining pickles** between plates. Serve **tartar sauce** on the side for dipping.

Dinner Solved!