



# Crispy Breadcrumb-Topped Barramundi

with Zucchini and Tomato Orzo

Quick

25 Minutes



Barramundi



Garlic Puree



Mayonnaise



Italian Breadcrumbs



Orzo



Baby Tomatoes



Zucchini



Parmesan Cheese,  
shredded



Lemon-Pepper  
Seasoning

HELLO ORZO

*It looks like rice but it is actually pasta!*

## Start here

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

## Bust out

Baking sheet, measuring spoons, strainer, parchment paper, small bowl, measuring cups, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Garlic Puree	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Italian Breadcrumbs	2 tbsp	4 tbsp
Orzo	170 g	340 g
Baby Tomatoes	113 g	227 g
Zucchini	200 g	400 g
Parmesan Cheese, shredded	¼ cup	½ cup
Lemon-Pepper Seasoning	½ tbsp	1 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
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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### Cook orzo

- Add **6 cups water** and **1 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **½ cup pasta water** (dbl for 4 ppl), then drain and return **orzo** to the same pot, off heat.



### Roast barramundi

- Add **barramundi** to a parchment-lined baking sheet, skin-side down.
- Spread **1 tbsp garlic mayo** (dbl for 4 ppl) over **barramundi**. Sprinkle **toasted breadcrumbs** over top, pressing down gently to adhere.
- Roast in the **middle** of the oven until **barramundi** is cooked through, 8-10 min.\*\*



### Toast breadcrumbs

- Meanwhile, heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **breadcrumbs**. Season with **a pinch of salt**. Cook, stirring often, until golden-brown, 30 sec-1 min.
- Transfer **breadcrumbs** to a plate. Carefully wipe the pan clean.



### Finish orzo

- Heat the same pan (from step 2) over medium-high.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted. Add **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Reduce heat to medium, then add **tomatoes**. Season with **salt** and **½ tsp Lemon-Pepper Seasoning** (dbl for 4 ppl). Stir to combine.
- Add **orzo** and **reserved pasta water**, then bring to a simmer.
- Once simmering, cook, stirring often, until **sauce** thickens slightly and coats **orzo**, 1-2 min. Remove the pan from heat.



### Prep

- Meanwhile, halve **tomatoes**.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Add **mayo** and **garlic puree** to a small bowl, then stir to combine.
- Pat **barramundi** dry with paper towels. Season flesh side with **salt** and **1 tsp Lemon-Pepper Spice Blend** (dbl for 4 ppl).



### Finish and serve

- Add **Parmesan** and **remaining garlic mayo** to **orzo**. Season with **pepper**, to taste, then stir until **Parmesan** melts, 30 sec.
- When **barramundi** is done, remove and discard skin, if desired.
- Divide **orzo** between plates. Top with **barramundi**.

## Dinner Solved!