

Crispy Skinned Barramundi

with Potatoes, Garlicky Green Beans and Lemony Dip

Quick

25 Minutes



Barramundi



Salmon Fillets, skinless



Russet Potato



Green Beans



Parsley and Thyme



Lemon



Mayonnaise



Sour Cream



Garlic Puree



Red Onion



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Salmon Fillets, skinless	250 g	500 g
Russet Potato	460 g	920 g
Green Beans	170 g	340 g
Parsley and Thyme	14 g	14 g
Lemon	1	2
Mayonnaise	2 tbsp	4 tbsp
Sour Cream	6 tbsp	12 tbsp
Garlic Puree	1 tbsp	2 tbsp
Red Onion	56 g	113 g
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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Roast potatoes

Cut **potatoes** into ¼-inch wedges. Add **potatoes** and **1 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, 21-23 min.



Prep

While **potatoes** roast, peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl). Roughly chop **parsley**. Strip **½ tbsp thyme leaves** (dbl for 4 ppl) from stems. Trim **green beans**, then cut in half. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.



Cook barramundi

Pat **barramundi** dry with paper towels, then sprinkle with **thyme**. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **barramundi**, skin-side down. Cook until golden-brown and cooked through, 4-5 min per side.**

 **CUSTOM RECIPE**

If you've opted to get **salmon**, season and prep the same way the recipe instructs you to prep **barramundi**. To cook **salmon**, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **salmon**. Cook until golden-brown and cooked through, 2-3 min per side.**



Cook green beans

While **barramundi** cooks, heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions** and **green beans**. Cook, stirring occasionally, until **green beans** are tender-crisp, 3-4 min. Add **half the garlic puree**. Cook, stirring often, until fragrant, 1 min. Remove the pot from heat. Add **parsley**. Season with **salt** and **pepper**, then stir to combine.



Make lemony dip

While **green beans** cook, add **mayo**, **sour cream**, **lemon juice**, **remaining garlic puree** and **1 tsp lemon zest** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Finish and serve

Divide **potatoes**, **green beans** and **barramundi** between plates. Serve **lemony dip** alongside. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!