



Mexican-Spiced Barramundi

with Garlicky Zucchini and Lime-Butter Sauce

Spicy 35 Minutes



- Barramundi
- Basmati Rice
- Cilantro
- Lime
- Poblano Pepper
- Zucchini
- Garlic
- Mexican Seasoning
- Red Onion

HELLO BARRAMUNDI
Mild, buttery, sustainable and high in omega-3!

Start here

Before starting, wash and dry all produce.

Garlic Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

Measuring spoons, zester, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Basmati Rice	¾ cup	1 ½ cups
Cilantro	7 g	7 g
Lime	1	1
Poblano Pepper 🌶️	160 g	320 g
Zucchini	200 g	400 g
Garlic	6 g	12 g
Mexican Seasoning	1 tbsp	2 tbsp
Red Onion	56 g	113 g
Unsalted Butter*	2 tbsp	4 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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Cook rice

Peel, then mince or grate **garlic**. Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice** and **half the garlic**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Cook barramundi

Pat **barramundi** dry with paper towels. Season with **Mexican Seasoning, salt** and **pepper**. Add **barramundi** to the same pan, skin-side down. (**TIP:** Add ½ tbsp oil to the pan, if it looks dry.) Cook until skin is crispy, 4-5 min. Flip and cook until **barramundi** is opaque and cooked through, 2-3 min.** Transfer **barramundi** to a plate.



Prep

While **rice** cooks, cut **zucchini** into ½-inch rounds. Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Core, then cut **poblano** into ½-inch pieces, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping poblanos!) Zest, then juice **half the lime** (whole for 4 ppl). Cut any **remaining lime** into wedges. Roughly chop **cilantro**.



Make sauce

Add **2 tbsp butter** and **1 tbsp water** (dbl both for 4 ppl) to the same pan. Swirl to melt **butter**, 1 min. Remove the pan from heat. Add **lime juice**. Stir, scraping up browned bits from the bottom of the pan, until combined, 30 sec. Season with **salt**, then stir to combine.



Cook veggies

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **poblanos** and **onions**. Cook, stirring often, until tender-crisp, 3-4 min. Season with **salt** and **pepper**, then transfer to one side of a plate. Add **½ tbsp oil** (dbl for 4 ppl) to the pan, then **zucchini**. Cook, stirring often, until tender-crisp, 3-4 min. Add **¼ tsp garlic**. (**NOTE:** Reference garlic guide.) Cook, stirring often, until fragrant, 30 sec. Season with **salt** and **pepper**. Transfer **zucchini** to the other side of the plate, then cover to keep warm.



Finish and serve

Fluff **rice** with a fork, then add **poblanos** and **onions, lime zest** and **half the cilantro**. Season with **salt**, then stir combine. Divide **rice** between bowls. Top with **barramundi** and **zucchini**. Drizzle over **lime-butter sauce**. Sprinkle **remaining cilantro** over top. Squeeze over a **lime wedge**, if desired.

Dinner Solved!