



Mexican-Spiced Barramundi

with Garlicky Zucchini and Lime-Butter Sauce

Family Friendly

35 Minutes



Barramundi



Basmati Rice



Cilantro



Lime



Sweet Bell Pepper



Zucchini



Garlic Salt



Mexican Seasoning



Onion, chopped

HELLO BARRAMUNDI

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

Start here

Before starting, wash and dry all produce.

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
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Garlic Salt	1 tsp	2 tsp
Mexican Seasoning	1 tbsp	2 tbsp
Onion, chopped	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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Cook rice

- Add **1 ¼ cups water** and **½ tsp garlic salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then 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**.
- Heat the same pan over medium, then add **1 tbsp oil**. When hot, add **barramundi**, skin-side down. (**NOTE:** Don't overcrowd the pan; cook barramundi in 2 batches for 4 ppl, using 1 tbsp oil per batch.)
- Cook until **skin** is crispy, 4-5 min. Flip and cook until **barramundi** is opaque and cooked through, 1 min.**
- Transfer **barramundi** to another plate.



Prep

- Meanwhile, cut **zucchini** into ½-inch rounds.
- Core, then cut **pepper** into ½-inch pieces.
- Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges.
- Roughly chop **cilantro**.



Make sauce

- Carefully wipe the pan clean with paper towels.
- Add **2 tbsp butter** and **1 tbsp water** (dbl both for 4 ppl) to the same pan over medium. Swirl to melt **butter**, 1 min.
- Remove the pan from heat.
- Add **lime juice**. Stir 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 **peppers** 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. Season with **½ tsp garlic salt** (dbl for 4 ppl) and **pepper**.
- Transfer **zucchini** to the other side of the plate, then cover to keep warm. Remove the pan from heat.



Finish and serve

- Fluff **rice** with a fork, then stir in **onion-pepper mixture, lime zest** and **half the cilantro**.
- Season with **salt**, then stir to 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.