









Mexican-Style Grilled Barramundi

with Grilled Peppers and Corn

Grill 30 Minutes



-  Barramundi
-  Couscous
-  Beefsteak Tomato
-  Sweet Bell Pepper
-  Green Onion
-  Lime
-  Canned Corn
-  Enchilada Spice Blend
-  Mayonnaise

HELLO BARRAMUNDI

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

Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to 500°F over medium-high heat.

Bust out

2 Medium bowls, measuring spoons, zester, aluminum foil, spatula, medium pot, small bowl, measuring cups, paper towels, strainer

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Couscous	½ cup	1 cup
Beefsteak Tomato	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Green Onion	2	4
Lime	1	1
Canned Corn	½ can	1 can
Enchilada Spice Blend	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Sugar*	¼ tsp	½ tsp
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 couscous and prep

- Add **¾ cup water** and **¼ tsp salt** (dbl both for 4 ppl) to a medium pot. Bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand 5 min.
- Meanwhile, core, then cut **pepper** into ¼-inch pieces.
- Thinly slice **green onions**.
- Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges.
- Cut **tomato** into ¼-inch pieces.
- Drain **corn**.



Grill barramundi

- Add **barramundi** to the other side of the grill, skin-side down.
- Close lid and grill until **skin** is crispy and **barramundi** is cooked through, 6-9 min. **
- Using a spatula, carefully flip. Close lid and grill flesh side until golden-brown, 1-2 min.
- Transfer **barramundi** to a plate, skin-side up.



Grill foil-pouch veggies

- Layer two 18x12-inch pieces of foil. (**NOTE:** For 4 ppl, layer two 24x12-inch pieces of foil.)
- Add **corn**, **half the peppers** and **half the Enchilada Spice Blend** to one side of the foil. Season with **salt** and **pepper**, then toss to combine.
- Arrange in a single layer. Drizzle **1 tbsp oil** (dbl for 4 ppl) over top.
- Fold foil in half over **veggie mixture** and pinch edges to seal pouch.
- Place **veggie pouch** on one side of the grill. Close lid and grill until **veggies** are tender, 12-14 min.



Make lime mayo and salsa

- Meanwhile, add **mayo** and **lime zest** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.
- Add **tomatoes**, **remaining peppers**, **half the green onions**, **half the lime juice**, **¼ tsp sugar** and **½ tsp oil** (dbl both for 4 ppl) to another medium bowl. Season with **salt** and **pepper**, then stir to combine.



Season barramundi

- Meanwhile, pat **barramundi** dry with paper towels.
- Add **barramundi**, **remaining Enchilada Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, then toss to coat.



Finish and serve

- Carefully open **veggie pouch**.
- Fluff **couscous** with a fork, then stir in **foil-pouch veggies**, **remaining lime juice** and **remaining green onions**. Season with **salt** and **pepper**, to taste.
- Divide **couscous** between plates. Top with **barramundi** and **salsa**.
- Dollop **lime mayo** over **barramundi**.
- Squeeze a **lime wedge** over top, if desired.

Dinner Solved!