



Montreal Steak-Spiced Barramundi

with Horseradish-Mustard Mayo

Spicy

Quick

25 Minutes



Barramundi



Montreal Steak Spice



Spring Mix



Mayonnaise



Horseradish



White Wine Vinegar



Russet Potato



Roma Tomato



Whole Grain Mustard

HELLO BARRAMUNDI

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

Start here

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

Heat Guide for Steps 2 and 4 (dbl for 4 ppl):

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

Bust out

Baking sheet, measuring spoons, large bowl, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Montreal Steak Spice 🍷	2 tsp	4 tsp
Spring Mix	56 g	113 g
Mayonnaise	2 tbsp	4 tbsp
Horseradish	1 tbsp	2 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Russet Potato	460 g	920 g
Roma Tomato	80 g	160 g
Whole Grain Mustard	1 tbsp	2 tbsp
Sugar*	¾ tsp	1 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

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Prep

- Cut **tomato** into ½-inch pieces.
- Cut **potatoes** into ¼-inch rounds.



Cook barramundi

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, pat **barramundi** dry with paper towels. Sprinkle with **salt** and ½ **tsp Montreal Steak Spice**. (NOTE: Reference heat guide.)
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **barramundi**, skin-side down. Cook until **skin** is crispy, 4-5 min.
- Flip and reduce heat to medium. Cook until **barramundi** is opaque and cooked through, 2-3 min.**



Roast potatoes

- Add **potatoes** and **1 tbsp oil** to an unlined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **1 ½ tsp Montreal Steak Spice**, then toss to coat. (NOTE: Reference heat guide.)
- Roast in the **bottom** of the oven, flipping halfway through, until tender and golden-brown, 16-18 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



Make salad

- Meanwhile, add **vinegar**, ¼ **tsp sugar** and **1 ½ tbsp oil** (dbl both for 4 ppl) to a large bowl.
- Season with **salt** and **pepper**, to taste, then whisk to combine.
- Add **spring mix** and **tomatoes**, then toss to combine.



Make horseradish-mustard mayo

- Meanwhile, add **horseradish**, **mayo**, **mustard** and ½ **tsp sugar** (dbl for 4 ppl) to a small bowl.
- Season with **salt** and **pepper**, to taste, then stir to combine.



Finish and serve

- Divide **salad**, **barramundi** and **potatoes** between plates.
- Serve **horseradish-mustard mayo** alongside for dipping.

Dinner Solved!