



Montreal Steak-Spiced Barramundi

with Horseradish-Mustard Mayo

Spicy

Quick

25 Minutes



Barramundi



Spring Mix



Horseradish



Russet Potato



Whole Grain Mustard



Montreal Steak Spice



Mayonnaise



White Wine Vinegar



Roma Tomato



Seed Blend

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: 1½ 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 ½ tsp	5 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
Seed Blend	28 g	56 g
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

Call or email us | (855) 272-7002

hello@hellofresh.ca

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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. While the pan heats, pat **barramundi** dry with paper towels. Season with **salt** and **1 tsp Montreal Steak Spice**. (NOTE: Reference heat guide.)
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **barramundi**, skin-side down. Cook until **skin** is crispy, 4-5 min. (TIP: Don't flip the fish too early; fish will release from the pan when the skin is crispy.)
- 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.
- Sprinkle **seed blend** over **salad**.

Dinner Solved!