



# Montreal Steak-Spiced Barramundi

with Horseradish-Mustard Mayo

Quick

Spicy

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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

📱 @HelloFreshCA



## 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 **½ 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.
- 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!