



Parm-Crusted Baked Barramundi

with Buttered Rice and Lemon Mayo

Family Friendly 30 Minutes



Barramundi



Panko Breadcrumbs



Parmesan Cheese, shredded



Lemon



Garlic Powder



Basmati Rice



Chicken Broth Concentrate



Mayonnaise



Green Beans

HELLO BARRAMUNDI

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

Start here

- Before starting, remove 1 tbsp butter (dbl for 4 ppl) from the fridge and set aside to come up to room temperature.
- Preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, zester, medium pot, parchment paper, 2 small bowls, measuring cups, large non-stick pan, paper towels, large non-stick pan

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Panko Breadcrumbs	¼ cup	½ cup
Parmesan Cheese, shredded	¼ cup	½ cup
Lemon	½	1
Garlic Powder	1 tsp	2 tsp
Basmati Rice	¾ cup	1 ½ cups
Chicken Broth Concentrate	1	2
Mayonnaise	2 tbsp	4 tbsp
Green Beans	170 g	340 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	½ tsp	1 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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Cook rice

- Stir together **rice, broth concentrate, 1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) in a medium pot. Cover and bring to a simmer over high heat.
- Once simmering, 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.



Make lemon mayo

- Meanwhile, add **mayo, 2 tsp lemon juice** and **½ tsp sugar** (dbl both for 4 ppl) to another small bowl. Season with **salt** and **pepper**, to taste, then stir to combine.



Prep barramundi

- Meanwhile, zest, then juice **half the lemon** (whole lemon for 4 ppl).
- Add **panko, lemon zest, half the garlic powder** and **1 tbsp softened butter** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then mash with a fork until combined.
- Pat **barramundi** dry with paper towels. Season with **salt** and **pepper**.
- Arrange **barramundi** on a parchment-lined baking sheet, skin-side down.
- Sprinkle **Parmesan** over **barramundi**, then top with **panko mixture**, pressing down gently to adhere.



Finish and serve

- When **barramundi** is done, remove and discard skin, if desired.
- Add **1 tbsp butter** (dbl for 4 ppl) to the pot with **rice**, then fluff with a fork until **butter** melts.
- Divide **rice** and **green beans** between plates. Top **rice** with **barramundi**.
- Drizzle **lemon mayo** over top.

Dinner Solved!



Bake barramundi and cook green beans

- Bake in the **top** of the oven until **crust** is golden-brown and **barramundi** is cooked through, 10-12 min.**
- Meanwhile, trim **green beans**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **green beans**. Cover and cook, stirring occasionally, until golden brown, 4-6 min.
- Season with **salt, pepper** and **remaining garlic powder**. Cook, stirring often, until fragrant, 30 sec.