



Seared Barramundi and Horseradish Sauce with a Crisp Apple Salad

35 Minutes



Barramundi



Russet Potato



Sour Cream



Horseradish



Spring Mix



Gala Apple



Lemon



Mayonnaise



Montreal Spice Blend

HELLO BARRAMUNDI

This firm-fleshed fish is a member of the sea bass family and has a unique, buttery flavour.

Start here

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

Bust Out

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

Ingredients

	2 Person	4 Person
Barramundi	285 g	570 g
Russet Potato	460 g	920 g
Sour Cream	3 tbsp	6 tbsp
Horseradish	1 tbsp	2 tbsp
Spring Mix	56 g	113 g
Gala Apple	1	2
Lemon	1	2
Mayonnaise	2 tbsp	4 tbsp
Montreal Spice Blend	1 tbsp	2 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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

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Roast potatoes

Cut **potatoes** into ½-inch wedges. Toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl) and **half the Montreal Spice Blend** on a parchment-lined baking sheet. Roast, in the **middle** of the oven, until golden brown, 21-23 min.



Marinate apples

While **potatoes** roast, halve, core, and thinly slice **apple**. Juice **half the lemon**. Cut the **remaining lemon** into wedges. Toss together **apples, 1 tbsp oil, 1 tbsp lemon juice, ¼ tsp sugar** and **¼ tsp salt** (dbl all for 4 ppl) in a large bowl. Set aside.



Make horseradish sauce

Combine **sour cream, horseradish** and **mayo** in a small bowl. Season with **salt** and **pepper**. Set aside.



Cook barramundi

Pat **fish** dry with paper towels. Season flesh side with **remaining Montreal Spice Blend**. Heat a large non-stick pan with **1 tbsp oil** (dbl for 4 ppl) over medium-high heat. When hot, add **fish** to the pan, skin side down. Cook until skin is crispy, 4-5 min. Flip and cook until **fish** is opaque and cooked through, 2-3 min.**



Make salad

Add the **spring mix** to the large bowl with **apples**. Toss to combine.



Finish and serve

Divide the **potatoes, salad** and **barramundi** between plates. Drizzle some of the **horseradish sauce** over the **fish**. Serve **remaining sauce** on the side, for dipping. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!