

# Seared Barramundi and Horseradish Sauce

## with a Crisp Apple Salad

Spicy

35 Minutes



Barramundi



Russet Potato



Sour Cream



Horseradish



Baby Spinach



Gala Apple



Lemon



Mayonnaise



Montreal Steak Spice

### 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	282 g	564 g
Russet Potato	460 g	920 g
Sour Cream	3 tbsp	6 tbsp
Horseradish	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Gala Apple	1	2
Lemon	1	1
Mayonnaise	2 tbsp	4 tbsp
Montreal Steak Spice 🍷	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 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.*

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## Roast potatoes

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



## Cook barramundi

Pat **barramundi** 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 **barramundi** to the pan, skin side down. Cook until skin is crispy, 4-5 min. Flip and cook until **barramundi** is opaque and cooked through, 2-3 min. \*\*



## Marinate apples

While **potatoes** roast, Core, then cut **apple** into ¼-inch slices. Juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Add **apples, 1 tbsp oil, 1 tbsp lemon juice, ¼ tsp sugar** and **¼ tsp salt** (dbl all for 4 ppl) to a large bowl, then toss to coat.



## Make salad

Add **spinach** to the large bowl with **apples**. Toss to combine.



## Make horseradish sauce

Add **sour cream, horseradish** and **mayo** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



## Finish and serve

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

## Dinner Solved!