



Seared Barramundi and Horseradish Sauce with a Crisp Apple Salad

Family Friendly

30-40 Minutes



Barramundi



Russet Potato



Sour Cream



Creamy Horseradish
Sauce



Baby Spinach



Gala Apple



Lemon



Mayonnaise



Seasoned Salt



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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
Creamy Horseradish Sauce	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Gala Apple	1	2
Lemon	1	2
Mayonnaise	2 tbsp	4 tbsp
Seasoned Salt	½ tbsp	1 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.

Contact

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1 Roast potatoes

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



4 Cook barramundi

- Pat **barramundi** dry with paper towels. Season flesh side with **remaining seasoned salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **barramundi**, skin-side down. Cook until skin is crispy, 4-5 min. Flip and cook until **barramundi** is opaque and cooked through, 2-3 min.**



2 Marinate apples

- Meanwhile, core, then cut **apple** into ¼-inch slices.
- Juice **half the lemon**. Cut **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.



5 Make salad

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



3 Make horseradish sauce

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



6 Finish and serve

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

Dinner Solved!