

Seared Barramundi and Horseradish Sauce

with a Crisp Apple Salad

Family Friendly

Spicy

35 Minutes



Barramundi



Russet Potato



Horseradish



Gala Apple



Mayonnaise



Salmon Fillets, skin-on



Sour Cream



Baby Spinach



Lemon



Montreal Steak Spice



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

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
 Salmon Fillets, skin-on	250 g	500 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 Steak Spice** to a parchment-lined baking sheet, then toss to coat. Roast in the **middle** of the oven until **potatoes** are golden-brown and tender, 21-23 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 horseradish sauce

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



Cook barramundi

Pat **barramundi** dry with paper towels. Season **flesh side** with **remaining Montreal Steak Spice**. 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.**



Make salad

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

CUSTOM RECIPE

If you've opted to get **salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **barramundi**.