



# Smart Blackened Cajun Barramundi

## with Louisiana Sunburst Salad

Carb Smart

Calorie Smart

Spicy

Quick

25 Minutes



Barramundi



Cajun Spice Blend



Baby Spinach



Dried Cranberries



Red Wine Vinegar



Honey



Almonds, sliced



Feta Cheese, crumbled



Green Bell Pepper



Hot Sauce

HELLO CAJUN SPICE

*A savoury spice blend inspired by the flavours of Louisiana!*

## Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

### Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: 1 tsp
- Medium: 1 ½ tsp
- Spicy: 2 tsp
- Extra-spicy: 1 tbsp

## Bust out

Baking sheet, measuring spoons, aluminum foil, large bowl, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Cajun Spice Blend 🍷	1 tbsp	2 tbsp
Baby Spinach	113 g	227 g
Dried Cranberries	¼ cup	½ cup
Red Wine Vinegar	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Almonds, sliced	28 g	56 g
Feta Cheese, crumbled	¼ cup	½ cup
Green Bell Pepper	200 g	400 g
Hot Sauce 🍷	½ tbsp	1 tbsp
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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## Toast almonds

Heat a large non-stick pan over medium-high heat. When hot, add **almonds** to the dry pan. Toast, stirring, until golden, 2-3 min. (TIP: Keep your eye on them so they don't burn!) Transfer to a plate. While **almonds** toast, pat **barramundi** dry with paper towels. Season flesh-side with **Cajun Spice Blend**, **salt** and **pepper**.



## Make salad

Add **spinach** and **peppers** to the bowl with **dressing**. Season with **salt** and **pepper**, to taste, then toss to combine.



## Broil barramundi

Arrange **barramundi** on a foil-lined baking sheet, skin-side down. Broil in the **middle** of the oven until 'blackened' or dark golden-brown and cooked through, 7-9 min.\*\*



## Finish and serve

Remove and discard barramundi skin. Using 2 forks, gently flake **barramundi** into bite-sized pieces. Divide **salad** between plates. Sprinkle **feta** and **almonds** over top. Top with **flaked barramundi**.

## Dinner Solved!



## Make dressing and prep

Meanwhile, add **2 tbsp warm water** (dbl for 4 ppl) to a large bowl. Add **dried cranberries**, **honey**, **vinegar**, **1 tbsp oil** (dbl for 4 ppl) and **½ tbsp hot sauce**.

(NOTE: Reference heat guide.) Stir to combine. Core, then cut **pepper** into ¼-inch pieces.