



Smoky Barramundi with Remoulade

with Green Bean Cabbage Slaw

Carb Smart

30 Minutes



Barramundi



Mayonnaise



Horseradish



Green Beans



Coleslaw
Cabbage Mix



BBQ Seasoning



Granny Smith Apple



Dried Cranberries



Lemon

HELLO REMOULADE SAUCE

Horseradish, mayo and lemon combine for a kicked up condiment!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

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

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Mayonnaise	4 tbsp	8 tbsp
Horseradish	1 tbsp	2 tbsp
Green Beans	170 g	340 g
Coleslaw Cabbage Mix	170 g	340 g
BBQ Seasoning	1 tbsp	2 tbsp
Granny Smith Apple	1	2
Dried Cranberries	¼ cup	½ cup
Lemon	1	1
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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep

Trim the **green beans**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Core, then cut the **apple** into ¼-inch pieces.



Roast green beans

Add **green beans** and **1 tsp oil** (dbl for 4 ppl) to a baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, until **green beans** are tender-crisp, 13-15 min.



Make remoulade

While the **green beans** roast, combine **horseradish**, **half the mayo**, **½ tsp lemon juice** and **¼ tsp lemon zest** (dbl both for 4 ppl) in a small bowl.



Cook fish

Pat the **barramundi** dry with paper towels, then season with **BBQ Seasoning**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tsp oil** (dbl for 4 ppl), then the **barramundi**, skin side down. Cook, until golden-brown and cooked through, 4-5 min per side.**



Make slaw

While the **fish** cooks, whisk together **1 tsp lemon juice** (dbl for 4 ppl) and **remaining mayo** in a large bowl. Season with **salt** and **pepper**. Add the **coleslaw mix**, **apples** and **cranberries**, then toss to combine. Set aside.



Finish and serve

Divide the **slaw**, **green beans** and **smoky barramundi** between plates. Drizzle the **remoulade** over the **fish**.

Dinner Solved!