



Everything
But The Chef

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Baked Mediterranean Barramundi

We're keeping things simple this week with fresh Humpty Doo Australian barramundi teamed with a creamy cannellini bean and punchy tomato braise. It gets the tick of approval for both sustainability and taste.



Prep: 5 mins



Cook: 20 mins

Total: 25 mins



level 1



seafood
first



Basil



Smoked Paprika



Barramundi



Tomato



Garlic



Cannellini Beans

2P	4P	Ingredients
2 tbs	4 tbs	olive oil *
2 tbs	4 tbs	basil, roughly chopped ⊕
1/2 tsp	1 tsp	HelloFresh smoked paprika
2 fillets	4 fillets	barramundi
2	4	tomatoes, cored & quartered ⊕
2	4	garlic cloves, peeled & crushed ⊕
1 tbs	2 tbs	balsamic vinegar *
1 tin	2 tins	cannellini beans, drained & rinsed

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	1930	Kj
Protein	49.9	g
Fat, total	11.9	g
-saturated	2.1	g
Carbohydrate	29.1	g
-sugars	8.9	g

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **200°C/180°C** fan-forced.

2 In a small bowl combine the **olive oil**, half of the **basil**, and the **HelloFresh paprika**, mix to combine and leave aside to infuse.

3 Heat some oil in an ovenproof pan over a medium-high heat, season the **barramundi** on both sides with **salt** and then place the fish into the pan. Jiggle the pan a little bit so that the flesh doesn't stick, cook for **3-4 minutes** and while the barramundi is cooking dress with a spoonful of the infused basil oil. Turn the fish over and place the pan into the oven (if you don't have an ovenproof pan simply place the fish onto a lined baking tray) and cook for a further **3-5 minutes**.

4 Meanwhile, heat some oil in a pan over a medium-high heat and add the **tomatoes** and **garlic**, dress with a bit more oil and the **balsamic vinegar** and cook for **3 minutes** or until the skin of the tomatoes begin to blister. Now add in the **cannellini beans** and the remaining basil and cook for **1 minute**, or until warmed through. Remove from the heat.

5 Divide the tomato and cannellini braise between plates and serve the barramundi on top with a few good spoonfuls of the remaining basil oil.



Did you know? As a general rule, male barramundi tend to measure less than 80cm whereas female barramundi measure more than 100cm.