

# **INGREDIENTS**

2 PERSON | 4 PERSON



12 oz | 24 oz Carrots



2 Cloves | 4 Cloves Garlic



2.5 oz | 5 oz Israeli Couscous Contains: Wheat



**¼ oz | ½ oz** Cilantro



1|1 Lemon

1 tsp | 1 tsp Chili Flakes



1 tsp | 2 tsp Cumin



1 | 2 10 ox Veggie Stock Barr Concentrate Cont



10 oz | 20 oz Barramundi Contains: Fish



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!



# HelloCustom

If you chose to modify your meal, follow the **HelloCustom** instructions on the flip side of this card.



8 oz | 16 oz Broccoli Calories: 600



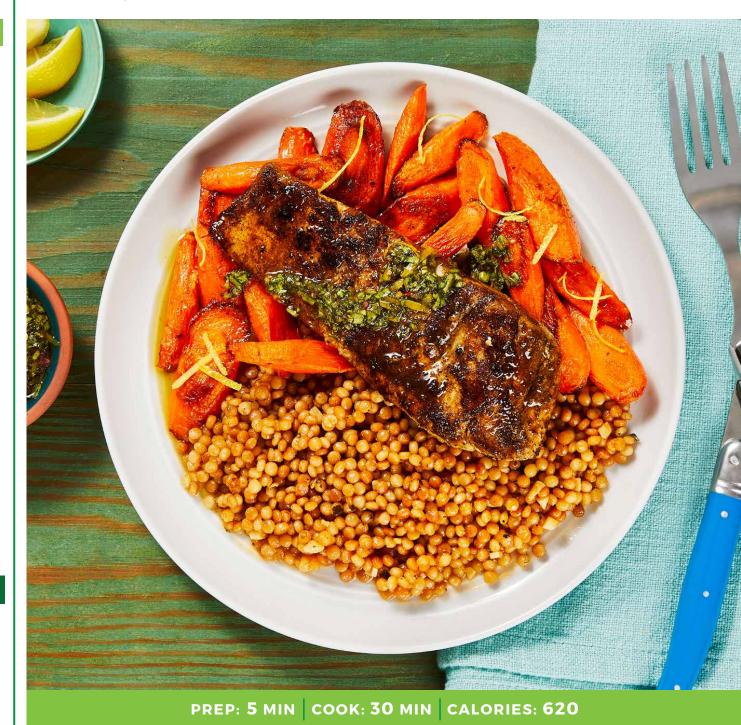


Asparagus

#### O S Calories: 570

# **BARRAMUNDI WITH ZESTY CILANTRO SAUCE**

with Lemony Carrots & Garlic Couscous





# HELLO

#### BARRAMUNDI

This buttery fish is a member of the sea bass family.

#### **AWESOME SAUCE**

Adjust the cilantro sauce to taste with lemon, garlic, and/or chili flakes. It should be balanced, with no single flavor dominating.

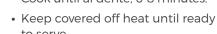
#### **BUST OUT**

- Peeler
- Small bowl
- Zester
- Small pot
- Aluminum foil
- Paper towels
- Baking sheet
- · Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Olive oil (2 TBSP | 4 TBSP)
- Butter (1 TBSP | 2 TBSP) Contains: Milk

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## 1 PREP

- · Adjust rack to top position and preheat oven to 425 degrees. Wash and dry produce.
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Finely chop cilantro. Zest and quarter lemon. Peel and mince or grate garlic.
- Cut **broccoli** into bite-size pieces if s necessary or trim and discard woody bottom ends from asparagus. (Save carrots for another use.)



## **2 ROAST CARROTS**

- Toss carrots on a foil-lined baking sheet with a drizzle of oil, salt, and pepper.
- Roast on top rack until golden brown and softened. 20-25 minutes.
- Swap in **broccoli** or **asparagus** for carrots; roast 15-20 minutes for broccoli or 10-12 minutes for asparagus.



## **3 MAKE SAUCE**

· While carrots roast, in a small bowl. combine cilantro, half the cumin (you'll use the rest later), half the lemon zest, 2 TBSP olive oil (4 TBSP for 4 servings), a big squeeze of lemon juice, and a pinch of garlic to taste. Season with salt, pepper, and chili flakes to taste.



#### 4 COOK COUSCOUS

- Heat 1 TBSP butter (2 TBSP for 4 servings) in a small pot over medium-high heat. Add couscous and remaining garlic. Cook, stirring often, until garlic is fragrant and couscous is lightly toasted, 1-2 minutes.
- Stir in 3/4 cup water (11/2 cups for 4) and stock concentrate. Bring to a boil, then cover and reduce to a low simmer. Cook until al dente. 6-8 minutes.
- to serve.



#### **5 COOK FISH**

- While couscous cooks, pat barramundi\* dry with paper towels. Season all over with remaining cumin, salt, and pepper.
- Heat a drizzle of oil in a large, preferably nonstick, pan over medium-high heat. Add barramundi and cook until opaque and cooked through, 4-6 minutes per side. Turn off heat.



#### **6 FINISH & SERVE**

- Fluff couscous with a fork: season with salt and pepper.
- Toss carrots with remaining lemon zest.
- Divide couscous, carrots, and barramundi between plates. Top barramundi with cilantro sauce. Serve with remaining lemon wedges on the side.





