





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

*The ingredient you received may be a different color.

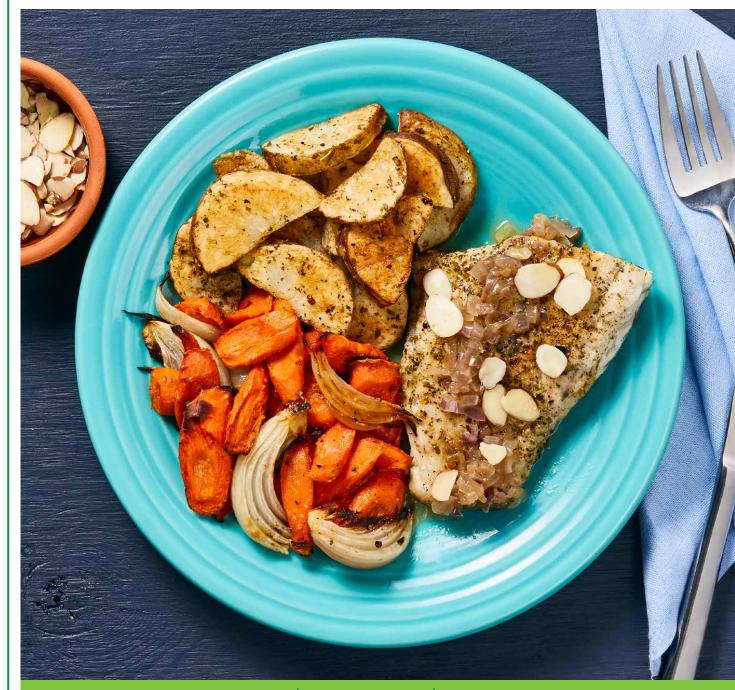
HELLO

ITALIAN SEASONING

This savory blend of garlic, oregano, basil, and parsley adds herbaceous flavor to fish.

PAN-SEARED BARRAMUNDI WITH SHALLOT BUTTER SAUCE

plus Roasted Carrots & Potatoes



PREP: 15 MIN COOK: 30 MIN CALORIES: 600



FIL-LET IT BE

When you add the barramundi fillets to the pan in Step 4. let them do their thing (no moving around!). The skin will release naturally when the fish is ready to flip.

BUST OUT

• Peeler

• Paper towels Baking sheet Large pan

- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP) Contains: MIlk

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*Barramundi is fully cooked when internal temperature reaches 145°



1 PREP

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. Wash and dry produce.
- Trim, peel, and cut **carrots** on a diagonal into ¼-inch-thick pieces. Halve and peel onion; slice into 1/2-inch-thick wedges. Halve potatoes lengthwise and slice into ½-inch-thick half-moons.



2 ROAST VEGGIES

- Toss carrots and onion wedges on one side of a baking sheet with a drizzle of oil, garlic powder, salt, and pepper (for 4 servings, arrange across entire sheet).
- Toss potatoes on empty side of same sheet (for 4, toss potatoes on a separate sheet) with a drizzle of oil. half the Italian Seasoning (you'll use the rest later), salt, and pepper. Roast on top rack until browned and tender, 20-25 minutes. (For 4, roast carrots and onion wedges on middle rack and potatoes on top rack.)

• While pan cools, halve, peel, and

• Heat a **drizzle of oil** in same pan over

• Add ¼ cup water, stock concentrate,

and **1 TBSP butter** (1/3 cup water and

2 TBSP butter for 4 servings). Cook,

stirring, until butter has melted and sauce has slightly thickened,

1-2 minutes. Remove from heat.

stirring, until softened and lightly

medium-high heat. Add shallot; cook,

mince shallot.

browned. 1-2 minutes.



3 SEASON FISH

• Pat **barramundi*** dry with paper towels and season all over with remaining Italian Seasoning, salt, and pepper.



6 SERVE

- Divide barramundi, carrots and onion. and **potatoes** between plates in separate sections.
- Top barramundi with **shallot butter** sauce and almonds. Serve.



4 COOK FISH

- Heat a drizzle of oil in a large, preferably nonstick, pan over mediumhigh heat. Add **barramundi**, skin sides down, and cook until skin is crispy, 2-3 minutes.
- Flip and cook until opaque and cooked through, 4-5 minutes more. Turn off heat: transfer to a plate. Let pan cool slightly.

WK 8-13