



PAN-SEARED BARRAMUNDI WITH SHALLOT BUTTER SAUCE

plus Roasted Carrots & Potatoes

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



1 | 2
Onion



12 oz | 24 oz
Potatoes*



1 tsp | 2 tsp
Garlic Powder



1 TBSP | 2 TBSP
Italian Seasoning



10 oz | 20 oz
Barramundi
Contains: Fish



1 | 2
Shallot



1 | 2
Seafood Stock
Concentrate
Contains: Fish,
Shellfish



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



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*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.

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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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 ½-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.)



3 SEASON FISH

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



4 COOK FISH

- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high 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.



5 MAKE SHALLOT BUTTER SAUCE

- While pan cools, halve, peel, and mince **shallot**.
- Heat a **drizzle of oil** in same pan over medium-high heat. Add shallot; cook, stirring, until softened and lightly browned, 1-2 minutes.
- Add ¼ cup water, **stock concentrate**, and **1 TBSP butter** (½ 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.



6 SERVE

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

*Barramundi is fully cooked when internal temperature reaches 145°.