



SMOKY BARRAMUNDI WITH BROWN BUTTER

plus Mashed Potatoes & Roasted Broccoli

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



2 | 2
Scallions



1 | 1
Lemon



1 | 2
Veggie Stock
Concentrate



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



12 oz | 24 oz
Broccoli



10 oz | 20 oz
Barramundi
Contains: Fish



1 tsp | 2 tsp
Smoked Paprika



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THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.

HELLO

BROWN BUTTER

Plain butter transformed into a rich,
nutty sauce



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 670



EYES ON THE PRIZE

To achieve the perfect browned butter, keep a close eye on your pan and continue swirling until you spot amber flecks and the aroma is nutty-delicious!

BUST OUT

- Zester
 - 2 Baking sheets
 - Medium pot
 - Paper towels
 - Strainer
 - Large pan
 - Potato masher
-
- Kosher salt
 - Black pepper
 - Cooking oil (6 tsp | 8 tsp)
 - Butter (3 TBSP | 6 TBSP)
Contains: Milk

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



1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**.



4 COOK FISH

- While broccoli roasts, pat **barramundi*** dry with paper towels. Rub each fillet with a **drizzle of oil**. Season generously all over with **salt** and **pepper**, then rub **paprika** into flesh sides.
- Heat a **large drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add barramundi, skin sides down; cook until skin is crispy, 3 minutes. Turn off heat.
- Transfer barramundi, skin sides down, to a second **lightly oiled** baking sheet. Roast on middle rack until cooked through, 10-12 minutes.



2 MAKE MASHED POTATOES

- Place **potatoes** in a medium pot with **stock concentrate** and enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**, then drain and return potatoes to pot. Mash with **sour cream** and **1 TBSP butter (2 TBSP for 4 servings)** until smooth, adding splashes of reserved potato cooking liquid as needed. Season generously with **salt** and **pepper**.
- Keep covered off heat until ready to serve.



5 MAKE BROWN BUTTER

- Meanwhile, heat pan used for barramundi over medium heat. Add **2 TBSP butter (4 TBSP for 4 servings)** and **scallion whites**. Cook, carefully swirling butter, until foamy and flecked with amber brown bits, 2-3 minutes.
- Turn off heat and add a **big squeeze of lemon juice**. Stir in **lemon zest**; season with **salt** and **pepper**.



3 ROAST BROCCOLI

- While potatoes cook, cut **broccoli** into bite-size pieces. Toss on a baking sheet with a **drizzle of oil, salt**, and **pepper**.
- Roast on top rack until golden brown and crispy, 15-20 minutes.



6 SERVE

- Divide **mashed potatoes, barramundi**, and **broccoli** between plates. Top potatoes and barramundi with **brown butter** and sprinkle with **scallion greens**. **(TIP: If brown butter is done before the rest of the meal, reheat over low heat, stirring, for 1 minute.)** Serve with any **remaining lemon wedges** on the side.