



BARRAMUNDI WITH TURKISH-SPICED BULGUR

with Feta & Scallion Relish

INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves
Garlic



2 | 4
Scallions



1 | 2
Lemon



1 | 2
Mini Cucumber



1 TBSP | 1 TBSP
Turkish Spice Blend



½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat



10 oz | 20 oz
Barramundi
Contains: Fish



½ Cup | ½ Cup
Feta Cheese
Contains: Milk



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HELLO

TURKISH SPICE BLEND

A warm and savory blend of cumin, garlic, coriander, and chili



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 520



GO FISH!

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

BUST OUT

- Zester
- Paper towels
- Small pot
- Large pan
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Olive oil (4 tsp | 7 tsp)

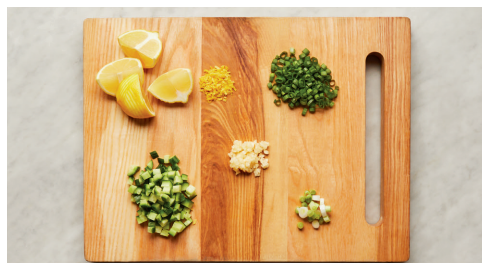
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*Barramundi is fully cooked when internal temperature reaches 145°.



1 PREP

- Wash and dry produce.
- Peel and mince or grate **garlic**. Thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**. Trim and dice **cucumber**.



4 COOK BARRAMUNDI

- Pat **barramundi*** dry with paper towels; season all over with **salt** and **pepper**.
- 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, 4-5 minutes.
- Flip and cook until barramundi is cooked through, 2-3 minutes more.
- Transfer to a paper-towel-lined plate.



2 COOK BULGUR

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **half the garlic** and **half the Turkish Spice Blend (all for 4 servings)**; cook, stirring, until fragrant, 1-2 minutes.
- Add **bulgur, 1 cup water (2 cups for 4), salt, and pepper**. Bring to a boil, then cover and reduce to a low simmer. Cook until water has absorbed and bulgur is tender, 12-15 minutes.
- Keep covered off heat (**you'll finish it in Step 5**).



5 FINISH BULGUR

- When **bulgur** is done cooking, stir **cucumber, half the feta (all for 4 servings)**, and a **drizzle of olive oil** into pot. Taste and season with **salt** and **pepper** if desired.



3 MAKE RELISH

- In a small bowl, combine **scallion whites, half the scallion greens (save the rest for another use), half the lemon zest, 1 TBSP olive oil (2 TBSP for 4 servings), juice from one lemon wedge (two lemon wedges for 4), and remaining garlic** to taste. Taste and season with a **pinch of salt and pepper**.



6 SERVE

- Divide **bulgur** and **barramundi** between shallow bowls. Spoon **scallion relish** over barramundi and garnish with **remaining lemon zest** to taste. Serve with **remaining lemon wedges** on the side.