



CHIMICHURRI BARRAMUNDI

with Lemony Carrots & Garlic Herb Couscous



HELLO BARRAMUNDI

This firm-fleshed fish is a member of the sea bass family and has a unique, buttery flavor.

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 750**



Lemon



Cilantro



Cumin



Israeli Couscous
(Contains: Wheat)



Barramundi
(Contains: Fish)



Garlic



Carrots



Chili Flakes



Veggie Stock Concentrate



Garlic Herb Butter
(Contains: Milk)

START STRONG

Adjust the chimichurri to taste in step 3, adding more lemon for acidity and more garlic and chili flakes for aromatic depth and heat. It should taste balanced, with no one flavor dominating.

BUST OUT

- Peeler
- Zester
- Aluminum foil
- Baking sheet
- Small bowl
- Olive oil (10 tsp | 16 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Small pot
- Paper towels
- Large pan
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Carrots **12 oz** | **24 oz**
- Cilantro **¼ oz** | **½ oz**
- Lemon **1** | **2**
- Garlic **1 Clove** | **2 Cloves**
- Cumin **1 tsp** | **2 tsp**
- Chili Flakes **1 tsp** | **1 tsp**
- Israeli Couscous **½ Cup** | **1 Cup**
- Veggie Stock Concentrate **1** | **2**
- Barramundi* **10 oz** | **20 oz**
- Garlic Herb Butter **2 TBSP** | **4 TBSP**

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



1 PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Finely chop **cilantro**. Zest and quarter **lemon** (for 4 servings, zest 1 lemon and quarter both). Peel and mince or grate **garlic**.



4 COOK COUSCOUS

Heat a small pot over medium-high heat. Add **1 TBSP plain butter** (2 TBSP for 4 servings), **couscous**, and remaining **garlic**. Cook, stirring often, until garlic is fragrant and couscous is lightly toasted, 1-2 minutes. Stir in **¾ cup water** (1½ 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. Keep covered off heat until ready to serve.



2 ROAST CARROTS

Toss **carrots** on a foil-lined baking sheet with a large drizzle of **olive oil, salt,** and **pepper**. Roast on top rack until golden brown and softened, 20-25 minutes.



5 COOK FISH

While couscous cooks, pat **barramundi** dry with paper towels. Season generously with remaining **cumin, salt,** and **pepper**. Heat a large drizzle of **olive 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.



3 MAKE CHIMICHURRI

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



6 FINISH & SERVE

Fluff **couscous** with a fork; stir in **garlic herb butter** and season with **salt** and **pepper**. Toss **carrots** with remaining **lemon zest**. Divide couscous, carrots, and **barramundi** between plates. Top barramundi with **chimichurri**. Serve with remaining **lemon wedges** on the side.

TURN IT UP A NUT-CH

For added crunch, try topping your couscous with a sprinkle of toasted almonds.



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