



## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Carrots



¼ oz | ½ oz  
Cilantro



1 | 1  
Lemon



2 Cloves | 4 Cloves  
Garlic



1 tsp | 2 tsp  
Cumin



1 tsp | 1 tsp  
Chili Flakes



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



1 | 2  
Veggie Stock  
Concentrate



10 oz | 20 oz  
Barramundi  
Contains: Fish

## HELLO

## BARRAMUNDI

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

# CHIMICHURRI BARRAMUNDI

with Lemony Carrots & Garlic Couscous



PREP: 5 MIN

COOK: 30 MIN

CALORIES: 690





## AWESOME SAUCE

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
- Small pot
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Olive oil (**10 tsp** | **16 tsp**)
- Butter (**1 TBSP** | **2 TBSP**)  
Contains: Milk

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### 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**. Peel and mince or grate **garlic**.



### 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.



### 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**, **2 TBSP olive oil** (**4 TBSP for 4 servings**), a **big squeeze of lemon juice**, and a **pinch of garlic** to taste. Season with **salt**, **pepper**, and **chili flakes** to taste.



### 4 COOK COUSCOUS

- Heat a small pot over medium-high heat. Add **1 TBSP 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.



### 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.



### 6 FINISH & SERVE

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

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