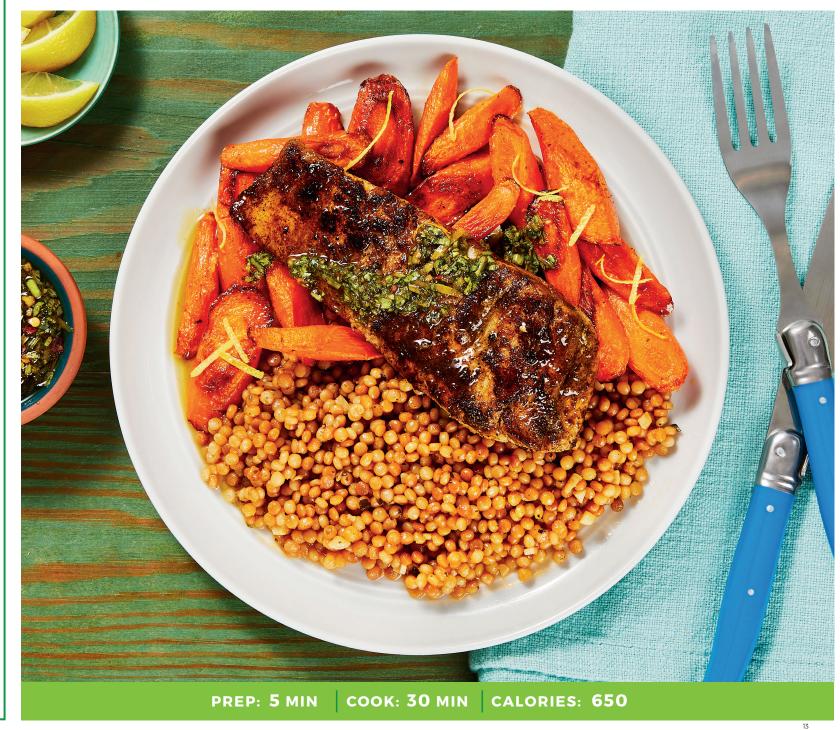


with Lemony Carrots & Garlic Couscous



INGREDIENTS 2 PERSON | 4 PERSON 12 oz | 24 oz 1/4 oz | 1/2 oz Carrots Cilantro 1 | 1 2 Cloves | 4 Cloves Lemon Garlic **1 tsp | 1 tsp** Chili Flakes 🌶 1 tsp | 2 tsp Cumin 2.5 oz | 5 oz 1 2 Veggie Stock Concentrate Israeli Couscous **Contains: Wheat**

HELLO FRESH

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.



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
- Cooking oil (2 tsp | 2 tsp)
- Olive oil (2 TBSP | 4 TBSP)
- Butter (1 TBSP | 2 TBSP)
 Contains: Milk

GET SOCIAL

Share your **#HelloFreshPics** with us **@HelloFresh**

(646) 846-3663 HelloFresh.com

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



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 **drizzle of 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 drizzle of oil in a large, preferably nonstick, pan over mediumhigh 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.