



CHIMICHURRI BARRAMUNDI

with Lemony Carrots & Garlic Couscous

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.



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 650



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 single 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

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* 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 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**.



4 COOK COUSCOUS

- Heat **1 TBSP butter** (2 TBSP for 4 servings) in a small pot over medium-high heat. Add **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 **drizzle of 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 all over with **remaining cumin, salt, and pepper**.
- Heat a **drizzle of 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, 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.



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 **remaining lemon wedges** on the side.

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