



SEARED BARRAMUNDI AND HORSERADISH SAUCE

with Seasoned Potato Wedges and Apple Salad



HELLO
AUSTRALIS BARRAMUNDI
 Mild, buttery, sustainable, and high in omega-3s: learn more about barramundi at thebetterfish.com.

-  Yukon Gold Potatoes
-  Apple
-  Sour Cream (Contains: Milk)
-  Horseradish Powder
-  Mixed Greens
-  Fry Seasoning
-  Lemon
-  Mayonnaise (Contains: Egg)
-  Australis Barramundi (Contains: Fish)

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 610

START STRONG

Want to master restaurant-quality crispy fish skin? First, pat the filets as dry as you can with paper towels. Second, be sure to let the oiled pan get nice and hot before adding your fish, skin sides down.

BUST OUT

- Baking sheet
- Large bowl
- Small bowl
- Paper towels
- Large pan
- Vegetable oil (4 tsp | 8 tsp)
- Olive oil (1 tsp | 2 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Yukon Gold Potatoes 12 oz | 24 oz
- Fry Seasoning 1 TBSP | 2 TBSP
- Apple 1 | 2
- Lemon 1 | 2
- Sour Cream 2 TBSP | 4 TBSP
- Mayonnaise 2 TBSP | 4 TBSP
- Horseradish Powder 1 tsp | 2 tsp
- Australis Barramundi* 10 oz | 20 oz
- Mixed Greens 2 oz | 4 oz

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 ROAST POTATOES

Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry all produce.** Cut **potatoes** into ½-inch wedges. Toss on a baking sheet with a large drizzle of **oil** and half the **Fry Seasoning** (you'll use the rest in step 4), **salt**, and **pepper**. Roast until golden brown, 20-25 minutes.



4 SEAR FISH

Pat **barramundi** dry with paper towels. Season all over with **salt** and **pepper**. Season flesh side with remaining **Fry Seasoning**. Heat a large drizzle of **oil** in a large pan over medium-high heat. Add fish to pan skin sides down. Cook until skin is crispy, 4-5 minutes. Flip and cook until fish is opaque and cooked through, 2-3 minutes more.



2 MARINATE APPLE

While potatoes roast, halve, core, and thinly slice **apple**. Halve **lemon**. In a large bowl, toss apple slices with the juice from 1 lemon half.



5 MAKE SALAD

Add **lettuce** to bowl with **apple slices**. Season with **salt** and **pepper**. Toss with a drizzle of **olive oil**.



3 MAKE HORSERADISH SAUCE

In a small bowl, combine **sour cream** and **mayo**. Stir in ½ **tsp horseradish powder** and a small squeeze of **lemon juice**. Add more horseradish and/or lemon juice to taste. Season with **salt** and **pepper**.



6 PLATE AND SERVE

Divide **potatoes**, **salad**, and **barramundi** between plates. Drizzle a small amount of **horseradish sauce** over fish and serve the rest on the side for dipping.

TAKE TWO

Try making this creamy horseradish sauce again to top roast beef.

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