



SEARED BARRAMUNDI AND HORSERADISH SAUCE

with Seasoned Potato Wedges and Apple Salad



HELLO BARRAMUNDI

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

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 600



Yukon Gold Potatoes



Apple



Sour Cream
(Contains: Milk)



Horseradish Powder



Mixed Greens



Fry Seasoning



Lemon



Mayonnaise
(Contains: Eggs)



Barramundi
(Contains: Fish)

START STRONG

Want to master restaurant-quality crispy fish skin? First, pat the fillets 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 | 4 tsp)
- Olive oil (1 tsp | 1 tsp)
- Kosher salt
- Black pepper

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** | **1 tsp**
- 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**, half the **Fry Seasoning** (you'll use the rest in step 4), **salt**, and **pepper**. Roast until golden brown, 20-25 minutes.



4 COOK BARRAMUNDI

Pat **fish** 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**. Quarter **lemon**. In a large bowl, toss apple slices with juice from 2 lemon wedges (4 wedges for 4 servings).



5 MAKE SALAD

Add **mixed greens** to bowl with marinated **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 half the **horseradish powder** (use all for 4 servings) and a small squeeze of **lemon juice**. Taste and add more lemon juice, if desired. Season with **salt** and **pepper**.



6 SERVE

Divide **potatoes**, **salad**, and **fish** between plates. Drizzle a small amount of **horseradish sauce** over fish and serve the rest on the side for dipping. Serve with any remaining **lemon wedges** on the side.

GIDDY UP!

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

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com

WK25 NJ-13