



Barramundi in Brown Butter-Lemon Sauce with Roasted Potatoes and Zucchini

Family Friendly

30 Minutes



Barramundi



Red Potato



Lemon



Zucchini



Red Onion



Seasoned Salt



All-Purpose Flour



Vegetable Broth Concentrate

HELLO BARRAMUNDI

Mild, buttery, sustainable, and high in omega-3s!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, zester, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Red Potato	360 g	720 g
Lemon	1	1
Zucchini	200 g	400 g
Red Onion	56 g	113 g
Seasoned Salt	½ tbsp	1 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Vegetable Broth Concentrate	1	2
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Roast potatoes

Cut **potatoes** into ¼-inch rounds. Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **half the seasoned salt** (dbl for 4 ppl) and **pepper**, then toss to coat. Roast in the **middle** of the oven until golden-brown and tender, 20-22 min.



Cook barramundi

Heat the same pan over medium. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **barramundi**, skin-side down. Cook until golden-brown and cooked through, 4-5 min per side. ** Transfer **barramundi** to a plate, skin-side up.



Prep

While **potatoes** roast, halve **zucchini** lengthwise, then cut into ½-inch-thick half-moons. Peel, then cut **half the onion** into ½-inch slices (whole onion for 4 ppl). Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges. Pat **barramundi** dry with paper towels, then season with **remaining seasoned salt** and **pepper**.



Make sauce

Add **2 tbsp butter** (dbl for 4 ppl) to the same pan. Swirl the pan to melt, until **butter** foams and turns light-brown, 2 min. Sprinkle **flour** over **butter**. Cook, stirring constantly, until **mixture** foams, 30 sec. Whisk in **½ cup water** (dbl for 4 ppl) and **broth concentrate**. Simmer, stirring constantly, until **sauce** thickens slightly, 2-3 min. Remove the pan from heat. Add **lemon juice**, then season with **salt** and **pepper**. Whisk until combined, 30 sec.



Cook veggies

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until softened 2-3 min. Add **2 tbsp water** (dbl for 4 ppl) and **zucchini** to the pan. Cook, stirring occasionally, until **veggies** are tender-crisp, 4-5 min. Remove the pan from heat, then add **lemon zest**. Season with **salt** and **pepper**, then stir to combine. Transfer **veggies** to a medium bowl, then cover to keep warm.



Finish and serve

Divide **potatoes**, **veggies** and **barramundi** between plates. Drizzle **brown butter-lemon sauce** over **barramundi**. Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!