



BARRAMUNDI WITH CREAMY SALSA VERDE

over a Roasted Veggie Jumble



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

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 560

- Sweet Potatoes
- Red Onion
- Cumin
- Cilantro
- Jalapeño
- Australis Barramundi (Contains: Fish)
- Poblano Pepper
- Roma Tomato
- Lime
- Garlic
- Sour Cream (Contains: Milk)

START STRONG

Want to remove the pungent bite of raw red onion? After mincing in step 1, transfer to a small bowl of ice water. Let it sit, stirring occasionally, until ready to use in step 4. Just remember to drain well before stirring into the creamy salsa verde!

BUST OUT

- Baking sheet
- Zester
- Small bowl
- Paper towels
- Large pan
- Olive oil (5 tsp | 8 tsp)
- Vegetable oil (2 tsp | 2 tsp)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Sweet Potatoes **2 | 4**
- Poblano Pepper **1 | 2**
- Red Onion **1 | 1**
- Cumin **1 tsp | 2 tsp**
- Roma Tomato **1 | 2**
- Lime **1 | 2**
- Cilantro **¼ oz | ½ oz**
- Garlic **2 Cloves | 2 Cloves**
- Jalapeño **1 | 1**
- Sour Cream **2 TBSP | 4 TBSP**
- Australis Barramundi* **10 oz | 20 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)

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1 START PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Dice **sweet potatoes** into ½-inch pieces. Core, deseed, and dice **poblano** into ½-inch pieces. Halve, peel, and cut **onion** into ½-inch-thick wedges; mince one wedge until you have 1 tsp (2 tsp for 4 servings).



4 MAKE CREAMY SALSA VERDE

In a small bowl, combine **sour cream**, **cilantro**, **minced onion**, juice from half the **lime**, a pinch of **minced garlic**, a pinch of **minced jalapeño**, a small pinch of **cumin** (you'll use the rest later), and **1 TBSP olive oil** (2 TBSP for 4 servings). Taste and add more garlic if desired. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



2 ROAST VEGGIES

Toss **sweet potatoes**, **poblano**, and **onion wedges** on a baking sheet with a large drizzle of **olive oil**, half the **cumin**, **salt**, and **pepper**. (For 4 servings, divide veggies between 2 baking sheets; roast on top and middle racks.) Roast on top rack until lightly browned and tender, 20-25 minutes.



5 COOK FISH

Pat **barramundi** dry with paper towels and season all over with **salt** and **pepper**. Season flesh sides with remaining **cumin**; rub to evenly coat. Heat a large drizzle of **oil** in a large, preferably nonstick, pan over medium-high heat. Add barramundi skin sides down. Cook until skin is slightly crisp, 4-5 minutes. Flip and cook until barramundi is opaque and cooked through, 2-3 minutes more.



3 FINISH PREP

Meanwhile, finely dice **tomato**. Zest and quarter **lime** (quarter both limes for 4 servings). Mince **cilantro** leaves and stems. Mince or grate **1 clove garlic** (2 cloves for 4). Thinly slice **jalapeño** into rounds, removing ribs and seeds for less heat; mince a few slices until you have ½ tsp (1 tsp for 4).



6 FINISH AND SERVE

Toss **roasted veggies** with **tomato** and **lime zest**; divide between bowls or plates. Place **barramundi** on top. Drizzle with **creamy salsa verde** and scatter with **sliced jalapeño** if desired. Serve with any remaining **lime wedges** on the side.

ON REPEAT

Next time, try making creamy salsa verde to top a burrito bowl.

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