



Cal Smart Harissa Barramundi

with Roasted Veggie Couscous

Calorie Smart

Spicy

30 Minutes



Barramundi



Hummus



Harissa Spice Blend



Sweet Bell Pepper



Red Onion



Vegetable Broth Concentrate



Zucchini



Lemon



Couscous



Garlic Puree

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

2 Baking sheets, measuring spoons, zester, medium pot, parchment paper, 2 small bowls, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Hummus	4 tbsp	8 tbsp
Harissa Spice Blend 🌶️	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Red Onion	56 g	113 g
Vegetable Broth Concentrate	1	2
Zucchini	200 g	400 g
Lemon	1	1
Couscous	½ cup	1 cup
Garlic Puree	1 tbsp	2 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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Prep

- Core, then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.



Cook couscous

- Meanwhile, add **¾ cup water**, **⅛ tsp salt** (dbl both for 4 ppl) and **broth concentrate** to a medium pot. Bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.



Roast barramundi

- Combine **garlic puree**, **half the lemon zest**, **half the Harissa Spice Blend** and **½ tsp oil** (dbl for 4 ppl) in a small bowl.
- Pat **barramundi** dry with paper towels. Season with **salt** and **pepper**.
- Arrange **barramundi** on a parchment-lined baking sheet, skin-side down, then spread **harissa mixture** over **tops**.
- Roast in the **top** of the oven until cooked through, 13-16 min.**



Make hummus drizzle

- Meanwhile, add **hummus**, **remaining lemon zest**, **½ tsp lemon juice** and **2 tsp water** (dbl both for 4 ppl) to another small bowl.
- Season with **salt** and **pepper**, then stir to combine.



Roast veggies

- Meanwhile, add **peppers**, **zucchini**, **onions**, **remaining Harissa Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) to another parchment-lined baking sheet. Season with **salt** and **pepper**, then toss combine.
- Roast in the **middle** of the oven until tender-crisp, 12-15 min.



Finish and serve

- Fluff **couscous** with a fork, then season with **salt** and **pepper**, to taste.
- Stir in **roasted veggies** and **remaining lemon juice**.
- Divide **couscous** between plates.
- Gently remove skin from **barramundi** and discard.
- Top **couscous** with **barramundi**, then **hummus drizzle**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!