



Crispy Skinned Barramundi

with Potatoes, Garlicky Green Beans and Lemony-Dip

30 Minutes



Barramundi



Russet Potato



Green Beans



Parsley and Thyme



Lemon



Mayonnaise



Sour Cream



Garlic



Shallot

HELLO BARRAMUNDI
A popular Australian white fish!

Start here

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

Bust Out

Baking sheet, microplane/zester, measuring spoons, medium pot, parchment paper, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Russet Potato	460 g	920 g
Green Beans	170 g	340 g
Parsley and Thyme	14 g	21 g
Lemon	1	2
Mayonnaise	2 tbsp	4 tbsp
Sour Cream	6 tbsp	12 tbsp
Garlic	6 g	12 g
Shallot	50 g	100 g
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 our meal kit labels for the most current allergen information.

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

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Roast potatoes

Cut **potatoes** into ¼-inch thick wedges. Toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt and pepper**. Roast in the **middle** of the oven, until golden-brown, 21-23 min.



Prep

While **potatoes** roast, peel, then thinly slice **shallot**. Roughly chop **parsley**. Strip **½ tbsp thyme leaves** (dbl for 4 ppl) off stems. Trim **green beans**, then cut in half. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Peel, then mince or grate **garlic**.



Cook barramundi

Pat **barramundi** dry with paper towels, then sprinkle with **thyme**. Season with **salt and pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **barramundi**, skin-side down. Cook, until golden-brown and cooked through, 4-5 min per side.**



Cook green beans

While **barramundi** cooks, heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **shallots and green beans**. Cook, stirring occasionally, until **green beans** are tender-crisp, 3-4 min. Add **half the garlic**. Cook, stirring often, until fragrant, 1 min. Remove pot from the heat, then add **parsley** and stir to combine. Season with **salt and pepper**. Set aside.



Make lemony-dip

While **green beans** cook, add **mayo, sour cream, lemon juice, remaining garlic** and **1 tsp lemon zest** (dbl for 4 ppl) to a small bowl. Season with **salt and pepper**. Stir to combine.



Finish and serve

Divide the **potatoes, green beans** and **barramundi** between plates. Serve with **lemony-dip** on the side, for dipping. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!