



SMOKY BARRAMUNDI WITH A BROWN BUTTER DRIZZLE

plus Mashed Sweet Potatoes & Roasted Broccoli

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Sweet Potatoes



2 | 4
Scallions



1 | 2
Lemon



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



8 oz | 16 oz
Broccoli Florets



10 oz | 20 oz
Barramundi
Contains: Fish



1 tsp | 2 tsp
Smoked Paprika

HELLO

BROWN BUTTER

Plain butter is transformed into a rich, nutty sauce that pairs perfectly with barramundi.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 670



CHECK ON IT

Be warned: butter can go from Goldilocks yellow to Three Bears brown in a blink! To achieve the perfect shade of browned butter, keep a close eye on your pan and stir continuously. Remove the pan from the heat as soon as you spot amber flecks.

BUST OUT

- Peeler
- Zester
- Medium pot
- Strainer
- Potato masher
- 2 Baking sheets
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Vegetable oil (2 TBSP | 4 TBSP)
- Butter (3 TBSP | 6 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com



1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry all produce.**
- Peel and dice **sweet potatoes** into ½-inch pieces. Trim and thinly slice **scallions**, separating whites from greens. Zest and halve **lemon**.
- **4 SERVINGS: Zest and halve 1 lemon; quarter second lemon.**



4 COOK FISH

- While broccoli roasts, pat **barramundi*** dry with paper towels. Rub each fillet with a drizzle of **oil**. Season generously all over with **salt** and **pepper**, then rub **paprika** into flesh sides.
- 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 crispy, 3 minutes. Turn off heat.
- Transfer to a second lightly **oiled** baking sheet (skin sides down). Roast on middle rack until cooked through, 10-12 minutes.



2 MAKE MASHED POTATOES

- Place **sweet potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, 15-20 minutes. Drain and return sweet potatoes to pot.
- Mash with **sour cream** and **1 TBSP butter** until smooth. Season generously with **salt** and **pepper**. Keep covered off heat until ready to serve.
- **4 SERVINGS: Use 2 TBSP butter.**



5 MAKE BROWN BUTTER

- Meanwhile, heat pan used for barramundi over medium heat. Add **2 TBSP butter** and **scallion whites**. Cook, carefully swirling butter, until foamy and flecked with amber brown bits, 2-3 minutes.
- Turn off heat and squeeze in juice from half the **lemon**. Stir in **lemon zest** and season with **salt** and **pepper**.
- **4 SERVINGS: Use 4 TBSP butter.**



3 ROAST BROCCOLI

- While sweet potatoes cook, cut **broccoli florets** into bite-size pieces, if necessary; toss on a baking sheet with a drizzle of **oil**, **salt**, and **pepper**.
- Roast on top rack until golden brown and crispy, 15-20 minutes.



6 FINISH & SERVE

- Divide **sweet potatoes**, **barramundi**, and **broccoli** between plates. Top sweet potatoes and barramundi with **brown butter** and sprinkle with **scallion greens**.
- Cut remaining **lemon** into wedges and serve on the side.
- **TIP: If brown butter is done before the rest of the meal, reheat over low heat, stirring, for 1 minute.**

* Barramundi is fully cooked when internal temperature reaches 145°.