

Honey-Butter Barramundi

with Za'atar Roasted Vegetables



This Middle Eastern recipe pairs crispy barramundi—served in a family-friendly pan sauce of honey and butter—with a medley of winter vegetables. For savory, herby flavor, we're seasoning the vegetables with za'atar before roasting them.

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4 Skin-On Barramundi Fillets

½ cup Plain Greek Yogurt

1½ lbs Yukon Gold Potatoes

1 Tbsp Za'atar Seasoning (Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano, & Crushed Aleppo Pepper)

tried-and-true

kitchen tools



[Large Maple Cutting Board](#)

[by John Boos & Co. for Blue Apron](#)

Built to last, this chopping board is prized by professional chefs and so gorgeous we never want to take it off the counter. Crafted with hardy American maple, this exclusive collaboration between Blue Apron and John Boos & Co. is equal parts beautiful and handy. Its durable surface won't warp and is resistant to scoring; magically, it also helps keep your blades sharper than other materials. You'll find these boards in our test kitchen—as well as professional kitchens around the world.

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1 Prepare the ingredients:

Remove the **honey** from the refrigerator to bring to room temperature. Place an oven rack in the center of the oven, then preheat to 450°F. Wash and dry the fresh produce. Halve the **potatoes** lengthwise; cut crosswise into 1/4-inch pieces. Peel the **carrots**; halve lengthwise, then cut crosswise into 1/2-inch pieces. Cut off and discard the ends of the **radishes**; quarter lengthwise, then halve crosswise. Quarter and deseed the **lemon**. Peel and finely chop the **garlic**; using the flat side of your knife, smash until it resembles a paste (or use a zester). Roughly chop the **parsley** leaves and stems.



2 Roast the vegetables:

Place the **sliced potatoes** and **carrot pieces** on a sheet pan. Drizzle with 1 tablespoon of olive oil; season with salt, pepper, and the **za'atar seasoning**. Toss to coat. Arrange in an even layer on one side of the sheet pan. Roast 12 to 14 minutes, or until lightly browned. Leaving the oven on, remove from the oven. Place the **radish pieces** in a bowl. Drizzle with olive oil and season with salt and pepper; toss to coat. Carefully arrange on the other side of the sheet pan. Roast 10 to 12 minutes, or until tender when pierced with a fork. Remove from the oven. Evenly top with **the juice of 2 lemon wedges**.



3 Make the yogurt sauce:

While the vegetables roast, in a bowl, combine the **yogurt, the juice of the remaining lemon wedges, 1 tablespoon of olive oil, and as much of the garlic paste as you'd like**. Drizzle with olive oil and season with salt and pepper to taste.



Once the vegetables have roasted for about 10 minutes, pat the **fish fillets** dry with paper towels; season with salt and pepper on both sides. In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fillets, skin side down. Cook 4 to 6 minutes on the first side, or until lightly browned. Flip and add the **butter**. Cook, frequently spooning the butter over the fillets, 2 to 3 minutes, or until the fish is cooked through. Leaving the melted butter and any browned bits (or fond) in the pan, transfer the cooked fillets to a plate.



5 Make the pan sauce:

Add the **honey** (kneading the packet before opening) and **2 tablespoons of water** to the pan of melted butter (be careful, as the liquid may splatter). Cook on medium-high, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until slightly thickened. Turn off the heat and season with salt and pepper to taste.



Serve the **cooked fish fillets** and **roasted vegetables** with the **yogurt sauce** on the side. Top the fish with the **pan sauce**. Garnish with the **chopped parsley**. Enjoy!