

# Pan-Fried Barramundi & Herby Olive Topping

with Garlicky Veggies

GREEN & LEAN
NEW


## Recipe Update

We've replaced the capers in this recipe with kalamata olives due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Grab your meal kit with this number



Broccoli



Zucchini



Garlic



Lemon



Kalamata Olives



Parsley



Barramundi



Rocket Leaves



Barramundi



Peeled Prawns

Prep in: **15-25 mins**  
Ready in: **20-30 mins**

Carb Smart  
 Protein Rich

Eat Me Early

Let's keep things light and bright with some garlicky broccoli and zucchini, then take it up a notch with a herby, lemon olive barramundi. It's equal parts fresh, flavourful and mighty!

## Before you start

All ingredients are portioned according to plan size.

Wash hands and fresh veggies.

Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

## You will need

Large frying pan

## Ingredients

	2P	3P	4P	5P	6P
refer to method					
olive oil*					
broccoli (head(s))	1	1	2	2	3
zucchini	1	2	2	3	3
garlic (cloves)	2	3	4	5	6
lemon	½	1	1	1½	1½
kalamata olives (packet(s))	1	1	2	2	3
parsley (packet(s))	1	1	1	2	2
barramundi (grams)	280g	420g	560g	700g	840g
rocket leaves (packet(s))	1	2	2	3	3

\*Pantry items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1240kJ (296Cal)	437kJ (104Cal)
Protein (g)	31g	10.9g
Fat, total (g)	17.8g	6.3g
- saturated (g)	4.2g	1.5g
Carbohydrate (g)	3.1g	1.1g
- sugars (g)	1.3g	0.5g
Sodium (mg)	314mg	111mg
Dietary Fibre (g)	5.2g	1.8g

The quantities provided above are averages only.

## Allergens

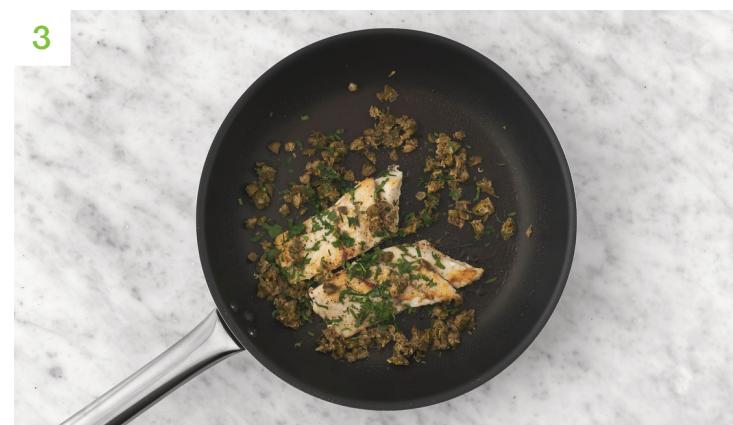
Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](http://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### Get prepped

- Chop **broccoli** (including stalk!) into small florets.
- Slice **zucchini** into sticks.
- Finely chop **garlic**.
- Slice **lemon** into wedges.
- Roughly chop **kalamata olives** and **parsley**.



### Cook the fish

- Wipe out frying pan and return to medium-high heat with a generous drizzle of **olive oil**.
- Pat **barramundi** dry with a paper towel and season both sides. When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **5-6 minutes** each side (depending on thickness).
- In the **last minute** of cook time, add **olives** and **parsley** and cook until fragrant, **1 minute**.
- Remove pan from heat, then add a generous squeeze of **lemon juice**.

**TIP:** Patting the skin dry helps it crisp up in the pan!



### Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **broccoli** and **zucchini** and cook, tossing, until softened, **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Transfer to a large bowl, season with **salt** and **pepper** and allow to cool slightly.

**TIP:** Add a dash of water to the pan to help speed up the cooking process!



### Finish & serve

- To the bowl with slightly cooled veggies, add **rocket leaves** and a generous squeeze of **lemon juice**.
- Divide garlicky veggies and herby olive barramundi between plates. Spoon over any remaining topping from the pan.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS

+ BARRAMUNDI:

Follow method above, cooking in batches if necessary.

+ PEELED PRAWNS:

Cook, tossing, until pink and starting to curl up, 3-4 minutes. Serve with veggies.

SCAN CODE FOR  
FULL STEPS AND  
NUTRITION INFO

