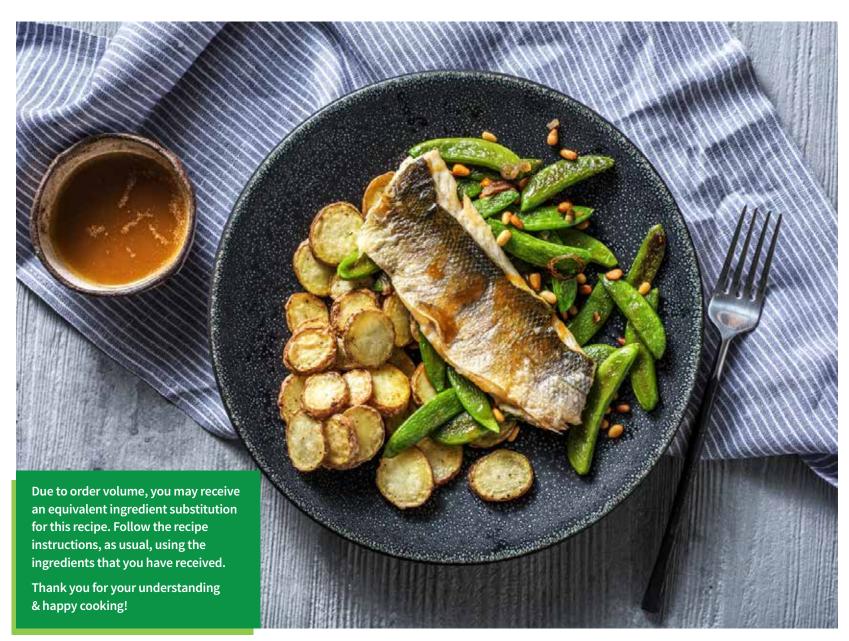


# Barramundi & Brown Butter Lemon Sauce

with Roasted Potatoes and Sugar Snap Peas

30 Minutes





Barramundi

Red Potato



Lemon

Sugar Snap Peas



Shallot



## Start here

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

#### **Bust Out**

Baking sheet, medium bowl, measuring spoons, zester, large non-stick pan, paper towels

# Ingredients

<b>3</b>		
	2 Person	4 Person
Barramundi	282 g	564 g
Red Potato	300 g	600 g
Lemon	1	1
Sugar Snap Peas	113 g	227 g
Shallot	50 g	100 g
Pine Nuts	28 g	56 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		

Salt and Pepper\*

#### **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.



#### Roast potatoes

Cut **potatoes** into ¼-inch rounds. Toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in **middle** of the oven, until goldenbrown, 20-22 min.



## Prep & toast nuts

While **potatoes** roast, trim the **snap peas**. Peel, then thinly slice **shallot** into ½-inch slices. Zest, then juice **half the lemon** (1 lemon for 4 ppl). Heat a large non-stick pan over medium-high heat. When hot, add the **pine nuts** to the dry pan. Toast, stirring often, until golden-brown 2-4 min. (**TIP**: Keep your eye on them so they don't burn!) Transfer to a medium bowl.



### Cook snap peas & shallots

Add **1 tbsp oil** (dbl for 4 ppl) to the same pan, then **snap peas** and **shallots**. Cook, stirring occasionally, until **peas** are tender-crisp, 4-5 min. Season with the **salt** and **pepper**. Transfer to the medium bowl with the **pine nuts** and cover to keep warm.



#### Cook fish

Pat the **barramundi** dry with paper towels, then season with **salt** and **pepper**. Add **1 tbsp oil** (dbl for 4 ppl) to the pan then the **barramundi** skin side down. Cook, until golden-brown and cooked through, 4-5 min per side.\*\* Set aside on a plate skin-side up.



#### Finish sauce

Add **1 tbsp butter** (dbl for 4 ppl) to the same pan. Swirl to melt, 1 min. Remove the pan from heat. Add the **lemon juice**. Stir together, scraping up all the **brown bits** from the bottom of the pan, until combined, 30 sec.



#### Finish and serve

Stir the lemon zest into the pea-shallot mixture. Divide the potatoes, veggies and barramundi between plates. Drizzle the brown butter-lemon sauce over the barramundi.

# **Dinner Solved!**

#### Contact

Share your photos #HelloFreshLife Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca

<sup>\*</sup> Pantry items

<sup>\*\*</sup> Cook to a minimum internal temperature of  $70^{\circ}$ C/158°F, as size may vary.