



BBQ-Spiced Grilled Barramundi

with Corn on the Cob, Zucchini and Peppers

Quick 25 Minutes



Barramundi



BBQ Seasoning



Zucchini



Corn on the Cob



Sweet Bell Pepper



BBQ Sauce



Green Onions

HELLO GRILLED FISH

The secret to grilled fish is a well-cleaned and oiled grill to prevent sticking!

Start here

- Before starting, wash and dry all produce.
- Remove 2 tbsp butter (dbl for 4 ppl) from the fridge and set aside to come up to room temperature.
- Lightly oil the grill.
- While you prep, preheat grill to 425°F over medium heat.

Bust out

Silicone brush, spatula, large bowl, small bowl, paper towels, measuring spoons

Ingredients

	2 Person	4 Person
Barramundi	282g	564g
BBQ Seasoning	1 tbsp	2 tbsp
Zucchini	200g	400g
Corn on the Cob	2	4
Sweet Bell Pepper	160g	320g
BBQ Sauce	4 tbsp	8 tbsp
Green Onions	2	4
Unsalted Butter*	2 tbsp	4 tbsp
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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1 Prep

Thinly slice **green onions**. Core, then quarter **peppers**. Quarter **zucchini** lengthwise, into spears (**NOTE**: You should have 4 spears for 2 ppl, 8 for 4 ppl).



2 Marinate veggies

Add **peppers, zucchini** and **2 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then toss to coat. Set aside.



3 Season barramundi

Pat **barramundi** dry with paper towels. Brush both sides of **barramundi** with **1 tbsp oil** (dbl for 4 ppl), then season all over with **BBQ Seasoning**.



4 Grill barramundi and corn

Add **corn** to grill. Close lid and grill, turning occasionally, until tender and grill marks form, 8-10 min. At the same time, add **barramundi** to the other side of the grill, flesh side down. Close lid and grill **barramundi**, flipping once, until cooked through, 3-4 min per side. **** (TIP: Don't flip barramundi too soon or it will stick to the grill. Use a metal spatula to flip fish.)**



5 Grill veggies

After flipping **barramundi**, add **peppers** and **zucchini** to the grill. (**TIP: Don't overcrowd your grill!** If there isn't enough space on the grill, grill veggies once barramundi and corn are done.) Close lid and grill **veggies**, flipping once, until tender-crisp, 2-3 min.



6 Finish and serve

Stir together **green onions**, a **pinch of salt** and **2 tbsp room temperature butter** (dbl for 4 ppl) in a small bowl. Set aside. Divide **corn, veggies** and **barramundi** between plates. Spread **herb butter** onto **corn**. Spoon **some BBQ sauce** over **barramundi**. Serve **remaining BBQ sauce** on the side, for dipping.

Dinner Solved!