



# Cal Smart Roasted Barramundi with Veggie Medley and Gravy

Calorie Smart 35 Minutes



Barramundi



Gala Apple



Carrot



Butternut Squash,  
cubes



Vegetable Broth  
Concentrate



Yellow Onion



Sage



Garlic, cloves

HELLO BARRAMUNDI

*Mild, buttery, sustainable and high in omega-3s!*

## Start here

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

## Bust out

Baking sheet, vegetable peeler, measuring spoons, parchment paper, small pot, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Gala Apple	1	2
Carrot	170 g	340 g
Butternut Squash, cubes	170 g	340 g
Vegetable Broth Concentrate	2	4
Yellow Onion	113 g	226 g
Sage	7 g	7 g
Garlic, cloves	2	4
Unsalted Butter*	½ tbsp	1 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 the website or app for the as-prepared recipe nutritional 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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## Prep and roast veggies

Core, then cut **apple** into ½-inch pieces. Peel, then cut **carrots** into ¼-inch rounds. Add **carrots, squash, apples** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, tossing halfway through, until golden brown, 21-23 min.



## Start gravy

While **barramundi** cooks, heat a small pot over medium-high heat. When hot, add **½ tbsp butter** (dbl for 4 ppl), then **onions** and **sage**. Season with **salt** and **pepper**. Cook, stirring often, until **onions** are golden-brown, 4-5 min.



## Finish prep

While **veggies** roast, peel, then cut **onion** into ¼-inch slices. Strip **sage leaves** from stems, then finely chop. Peel, then mince or grate **garlic**. Pat **barramundi** dry with paper towels. Season with **salt** and **pepper**.



## Finish gravy

Add **garlic, broth concentrates** and **¾ cup water** (dbl for 4 ppl) to the pot with **onions**. Cook, stirring often, until **gravy** thickens slightly, 3-4 min.



## Cook barramundi

Heat a large non-stick pan with **1 tbsp oil** (dbl for 4 ppl) over medium-high heat. When hot, add **barramundi** to the pan, skin-side down. Cook until skin is crispy, 4-5 min. Flip and cook until **barramundi** is opaque and cooked through, 2-3 min.\*\*



## Finish and serve

Divide **veggie medley** between plates. **Top** with **barramundi**, then spoon **gravy** over top.

## Dinner Solved!