



# Smart Smoky Barramundi

## with Remoulade and Carrot-Apple Slaw

Carb Smart

Calorie Smart

30 Minutes



Barramundi



Mayonnaise



Horseradish



Green Beans



Carrot, julienned



BBQ Seasoning



Granny Smith Apple



Dried Cranberries



Lemon

### HELLO REMOULADE SAUCE

*Horseradish, mayo and lemon combine for a delicious, tangy condiment that's perfect with fish!*

## Start here

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

## Bust out

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

## Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Mayonnaise	4 tbsp	8 tbsp
Horseradish	1 tbsp	2 tbsp
Green Beans	170 g	340 g
Carrot, julienned	113 g	226 g
BBQ Seasoning	1 tbsp	2 tbsp
Granny Smith Apple	1	2
Dried Cranberries	¼ cup	¼ cup
Lemon	1	1
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.*

## Contact

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## Prep

Trim **green beans**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Core, then cut **apple** into ¼-inch pieces.



## Cook barramundi

Pat **barramundi** dry with paper towels. Season flesh side with **BBQ Seasoning**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tsp oil** (dbl for 4 ppl), then **barramundi**, skin-side down. Cook until golden-brown and cooked through, 4-5 min per side.\*\*



## Roast green beans

Add **green beans** and **1 tsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven until tender-crisp, 13-15 min.



## Make carrot-apple slaw

While **barramundi** cooks, whisk together **1 tsp lemon juice** (dbl for 4 ppl) and **remaining mayo** in a large bowl. Season with **salt** and **pepper**. Add **carrots, apples** and **cranberries**, then toss to combine.



## Make remoulade

Combine **horseradish**, **half the mayo**, **½ tsp lemon juice** and **¼ tsp lemon zest** (dbl both for 4 ppl) in a small bowl. Set aside.



## Finish and serve

Divide **carrot-apple slaw**, **green beans** and **smoky barramundi** between plates. Drizzle **remoulade** over **barramundi**. Squeeze over a **lemon wedge**, if desired.

## Dinner Solved!