



Golden Breaded Barramundi

with DIY Tartar Sauce and Potato Coins

Family Friendly 30 Minutes



Barramundi



Mayonnaise



Italian Breadcrumbs



Seasoned Salt



Yellow Potato



Dill Pickle, sliced



Zucchini



Lemon

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.

Zest Guide for Step 4:

- Mild: ¼ tsp
- Medium: ½ tsp
- Zesty: 1 tsp

Bust out

2 Baking sheets, medium bowl, measuring spoons, zester, parchment paper, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Mayonnaise	½ cup	1 cup
Italian Breadcrumbs	¼ cup	½ cup
Seasoned Salt	½ tbsp	1 tbsp
Yellow Potato	360 g	720 g
Dill Pickle, sliced	90 ml	90 ml
Zucchini	200 g	400 g
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 and roast potato coins

- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **half the seasoned salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



Make DIY tartar sauce

- Add **reserved mayo**, **chopped pickles**, **1 tsp lemon juice** (dbl for 4 ppl) and **¼ tsp lemon zest** to a medium bowl. (**NOTE:** Reference zest guide.) Season with **pepper**, then stir to combine.



Coat and roast barramundi

- Meanwhile, measure out **2 tbsp mayo** (dbl for 4 ppl) to coat **barramundi**. (**NOTE:** Reserve remaining mayo for DIY tartar sauce in step 4.)
- Combine **breadcrumbs** and **1 tsp oil** (dbl for 4 ppl) in a small bowl.
- Pat **barramundi** dry with paper towels, then place on another parchment-lined baking sheet, skin-side down.
- Season **tops of barramundi** with **remaining seasoned salt** and **pepper**. Spread **measured mayo** over top. Top with **breadcrumb mixture**, pressing down gently to adhere.
- Roast in the **top** of the oven until **breadcrumbs** are golden and **barramundi** is cooked through, 14-17 min.**



Cook zucchini

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **zucchini**. Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 4-5 min.



Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Drain **pickles**. Very finely chop **2 tbsp pickles** (dbl for 4 ppl).



Finish and serve

- Divide **barramundi**, **potato coins**, **zucchini** and **remaining pickles** between plates.
- Serve **DIY tartar sauce** alongside for dipping.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!