



Parmesan-Crusted Barramundi

with Veggie Marinara Pasta

Family Friendly 30 Minutes



Barramundi



Fusilli



Zucchini



Baby Spinach



Parmesan Cheese, grated



Crushed Tomatoes



Italian Breadcrumbs



Mayonnaise



Garlic Puree



Garlic Salt

HELLO ZUCCHINI

This versatile squash also goes by the name courgette!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, colander, measuring spoons, shallow dish, box grater, parchment paper, small bowl, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Fusilli	170 g	340 g
Zucchini	200 g	400 g
Baby Spinach	56 g	113 g
Parmesan Cheese, grated	½ cup	1 cup
Crushed Tomatoes	1	2
Italian Breadcrumbs	¼ cup	½ cup
Mayonnaise	2 tbsp	4 tbsp
Garlic Puree	1 tbsp	2 tbsp
Garlic Salt	½ tsp	1 tsp
Butter*	2 tbsp	4 tbsp
Sugar*	¼ tsp	½ tsp
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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Cook pasta

- Add **10 cups hot water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Add **fusilli** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 9-11 min.
- Reserve **¼ cup (½ cup) pasta water**, then drain and return **fusilli** to the same pot, off heat.



Prep and start tomato sauce

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While pan heats, roughly chop **spinach**.
- Grate **zucchini**.
- When pan is hot, add **2 tbsp (4 tbsp) butter** and swirl the pan until melted.
- Add **zucchini**. Season with **half the garlic salt** (use all for 4 ppl) and **pepper**. Cook, stirring occasionally, until softened, 3-4 min.
- Add **crushed tomatoes**, and **1 tsp (2 tsp) sugar**. Reduce heat to medium and bring **sauce** to a simmer. Cook, stirring occasionally, until slightly thickened, 4-5 min.



Prep fish

- Meanwhile, line a baking sheet with parchment paper.
- Pat **barramundi** dry with paper towels. Place on the prepared baking sheet, skin-side down. Season with **salt** and **pepper**.
- Combine **mayo** and **garlic puree** in a small bowl.
- Combine **breadcrumbs, half the Parmesan** and **1 tsp (2 tsp) oil** in a shallow dish.



Finish and serve

- Add **spinach, sauce**, and **remaining Parmesan** and **¼ cup (½ cup) reserved pasta water** to pot with **fusilli**. Season with **salt** and **pepper** to taste. Stir to coat. (**TIP:** For a lighter sauce consistency, add reserved pasta water, 1-2 tbsp at a time, if desired.)
- Divide **fusilli** and **barramundi** between bowls.



Roast fish

- Spread **garlic mayo** over **barramundi**, covering all of flesh.
- Top **barramundi** 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.**

Dinner Solved!