



Pan-Seared Barramundi

with Lemon, Broccoli and Burghul S...



30-40min



4 Portions

There's nothing fishy about barramundi. It's a sustainable species that doesn't smell strong, is mild flavoured and has soft, juicy flesh that's hard to over-cook. Even fussy kids will love it. Flashed-cooked greens and a fast, lemony burghul salad are all that are needed here.

What we send

- burghul ¹
- ground cumin
- lemon
- 4 barramundi fillets ⁴
- green beans
- chicken-style stock cube
- broccoli
- coriander
- 2 spring onions

What you'll require

- extra virgin olive oil
- honey
- olive oil
- sea salt and pepper
- water

Utensils

- fine grater
- large frypan
- large saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Remove the tough outer skin from the broccoli stem with a knife or vegetable peeler, if desired.

Allergens

Gluten (1), Fish (4). May contain traces of other allergens.

Nutrition per serving

Energy 570kcal, Fat 22.2g, Carbs 43.3g, Proteins 41.1g



1. Soak burghul

Crumble the **stock cubes** into a large heatproof bowl, add **400ml boiling water** and stir to dissolve. Add the **burghul**, cover and stand for 5-8 mins until the water has absorbed.



2. Zest and juice

Meanwhile, finely grate the **lemon** zest, then juice.



3. Prepare vegetables

Trim the **beans**. Trim the **broccoli** stems and coarsely chop (see cooking tip). Cut the broccoli head into small florets. Trim and thinly slice the **spring onions**. Finely chop the **coriander** leaves, discarding the stems. Put the **barramundi fillets** on a board and using a sharp knife, carefully slice between the skin and the flesh to remove the skin.



4. Combine burghul salad

Put the **lemon juice**, **lemon zest**, **1 tsp ground cumin** (the remaining cumin won't be used in this dish), **60ml (1/4 cup) extra virgin olive oil** and **2 tsp honey** in a small bowl and whisk to combine. Using a fork, fluff the **burghul** and season with **salt and pepper**. Stir in the **spring onion**, **coriander** and **half the dressing**. Cover and keep warm.



5. Cook barramundi

Bring a large saucepan of salted water to the boil for the vegetables. Heat **1 tbs olive oil** in a large frypan over high heat. Season the **barramundi** with **salt and pepper**. Cook the fish, skin side down, for 3-4 mins. Reduce the heat to medium-high, turn the fish over and cook for a further 2-3 mins until opaque. Remove from the pan.



6. Get ready to serve

While the fish is cooking, cook the **broccoli** and **beans** in the pan of boiling water for 2-3 mins until tender. Drain well. Divide the **burghul salad**, **barramundi** and **vegetables** among plates. Drizzle over the **remaining dressing** to serve.