



HEALTHY

Seared Turmeric Barramundi

with Masala Potatoes and Peas

 20-30min  2 Portions

Even the fussiest of eaters will become a fan of barramundi. Known for a gentle, mild flavour and firm texture, this much-loved fish is nearly impossible to overcook due to its moderate fat content. Here, we have treated the seared fillets to a light Indian spiced broth, loaded with golden potato and onion.

What we send

- 17
- 4
- coriander
- 1 garlic clove

What you'll require

- boiling water
- sea salt and pepper

Utensils

- medium frypan
- paper towel

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

Allergens

Fish (4), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 515kcal, Fat 20.9g, Carbs 40.6g, Proteins 35.5g



1. Prepare vegetables

Peel the **potatoes** and cut into 2cm chunks. Thinly slice the **onion**. Quarter the **zucchini** lengthwise, then cut into 1cm chunks. Crush or finely chop the **garlic**. Finely chop the **coriander**, including the stems.



2. Prepare fish

Using paper towel, pat the **fish** dry, then season with **salt**. Combine **half the turmeric** and **1 tbs grapeseed oil** in a large bowl, season with **salt and pepper**, add the fish and turn to coat well. Crumble **1 stock cube** (the remaining stock cube and turmeric won't be used in this dish) into a heatproof jug, add **180ml (¾ cup) boiling water** and stir to dissolve.



3. Cook aromatics

Heat **1 tbs grapeseed oil** in a medium deep frypan over medium-high heat. Cook the **onion**, stirring, for 3-4 mins until light golden. Add the **masala seasoning, garlic** and **three-quarters of the coriander** and cook, stirring, for 1 min or until fragrant.



4. Add potato

Add the **potato** and **stock**, season with **salt and pepper** and bring to the boil. Reduce the heat to medium and cook, covered, for 10 mins or until the potato is tender.



5. Cook fish

Meanwhile, heat a medium frypan over medium-high heat. Cook the **fish**, flesh-side down, covered, for 3 mins. Increase the heat to high, turn the fish over and cook, uncovered, for 3-4 mins until cooked through and the skin is crisp. Remove from the pan and keep warm.



6. Get ready to serve

Stir the **peas** and **zucchini** into the **potato mixture** and cook for 3 mins until the vegetables are tender and the liquid has reduced. Divide the **potato mixture** and **fish** among plates. Scatter over the **remaining coriander** to serve.