



HEALTHY

## Seared Turmeric Barramundi

with Masala Potatoes and Peas



20-30min



4 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

- 4
- 17
- coriander
- 2 garlic cloves
- 2 x 150g peas

## What you'll require

- boiling water
- sea salt and pepper

## Utensils

- large deep frypan or saucepan with lid
- large frypan with lid
- 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 480kcal, Fat 21.1g, Carbs 33.7g, Proteins 34.6g



### 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.



### 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.



### 2. Prepare fish

Using paper towel, pat the **fish** dry, then season with **salt**. Combine the **turmeric** and **2 tbs grapeseed oil** in a large bowl, season with **salt and pepper**, add the fish and turn to coat well. Crumble the **stock cubes** into a heatproof jug, add **310ml (1¼ cups) boiling water** and stir to dissolve.



### 5. Cook fish

Meanwhile, heat a large 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.



### 3. Cook aromatics

Heat **2 tbs grapeseed oil** in a large 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.



### 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.