



Pan-Seared Barramundi

with Mediterranean Salad

 20-30min  2 Portions

Take off to the Greek Islands with this summer salad of cucumber, tomato, black olives and creamy baby potatoes. Toss with a dressing of fresh parsley, garlic and lemon to create the ultimate side for golden pan-fried barramundi fillets.

What we send

• 4

What you'll require

- Dijon mustard ¹⁷
- extra virgin olive oil
- olive oil
- sea salt and pepper

Utensils

- fine grater
- medium frypan with lid
- medium saucepan

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

Cooking tip

The garlic in the dressing is raw so it needs to be finely minced. We have suggested to only use half the garlic, but if you like a garlicky dressing use the whole clove.

Allergens

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

Nutrition per serving

Energy 460kcal, Fat 24.9g, Carbs 21.0g, Proteins 32.5g



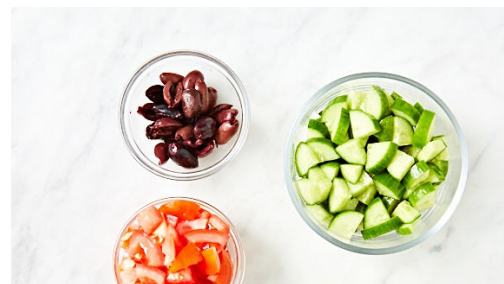
1. Cook potatoes

Quarter the unpeeled **potatoes**. Put in a medium saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 8-10 mins until tender. Drain and cool slightly.



4. Cook barramundi

Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Season the **fish** with **salt and pepper**. Cook, 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.



2. Prepare vegetables

Meanwhile, coarsely chop the **tomato**. Quarter the **cucumber** lengthwise, then thickly slice. Halve the **olives**.



3. Prepare ingredients

Finely chop the **parsley** leaves, discarding the stems. Chop **half the garlic**, then press with the flat side of a knife to finely mince (see cooking tip). Finely grate the zest of **half the lemon**, then juice the half (the remaining lemon half won't be used in this dish).



5. Make dressing

Meanwhile, put the **garlic, lemon zest, 3 tsp lemon juice, ¼ tsp dried oregano** (the remaining oregano won't be used in this dish), **1 tsp Dijon mustard** and **1 ½ tbs extra virgin olive oil** in a large bowl. Season with **salt and pepper** and whisk to combine.



6. Get ready to serve

Add the **potatoes, tomato, cucumber, olives** and **parsley** to the **dressing** and gently stir to combine. Divide the **fish** and **salad** among plates to serve.