



Pan-Seared Barramundi

with Mediterranean Salad



20-30min



4 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
- large frypan with lid
- large 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. You can add a small pinch of salt to the chopped garlic, prior to mincing, to help mince finely.

Allergens

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

Nutrition per serving

Energy 450kcal, Fat 24.9g, Carbs 20.5g, Proteins 32.4g



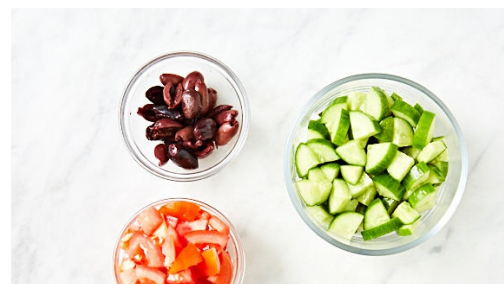
1. Cook potatoes

Quarter the unpeeled **potatoes**. Put in a large 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 **1 tbs olive oil** in a large 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 **tomatoes**. Quarter the **cucumbers** lengthwise, then thickly slice. Halve the **olives**.



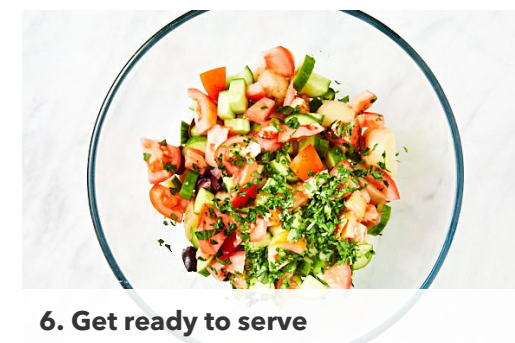
5. Make dressing

Meanwhile, put the **garlic**, **lemon zest**, **1½ tbs lemon juice**, **1½ tsp dried oregano** (the remaining oregano won't be used in this dish), **2 tsp Dijon mustard** and **60ml (¼ cup) extra virgin olive oil** in a large bowl. Season with **salt and pepper** and whisk to combine.



3. Prepare ingredients

Finely chop the **parsley** leaves, discarding the stems. Chop the **garlic**, then press with the flat side of a knife to finely mince (see cooking tip). Finely grate the **lemon zest**, then juice.



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.