



Turmeric Seared Barramundi

with Minted Yoghurt and Chickpeas



20-30min



4 Portions

Minted yoghurt as a sauce is an Indian idea and so is coating fish in ground turmeric, whose warming flavours go so well with mild, fleshy barramundi. Complimenting these elements is a quick saute of zucchini and chickpeas, spiked ever so subtly with vinegar; you'll have this delicious dish on the table in a flash.

What we send

- 1 red onion
- 2 zucchini
- 2 x 400g chickpeas
- 2 x 100g Greek-style yoghurt ⁷
- 5g ground turmeric
- 4 barramundi fillets ⁴
- 3 garlic cloves
- mint

What you'll require

- red wine vinegar ¹⁷
- sea salt and pepper
- olive oil
- water

Utensils

- paper towel
- stick blender or food processor
- large frypan
- medium frypan

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

Allergens

Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 485kcal, Fat 22.2g, Carbs 27.0g, Proteins 38.0g



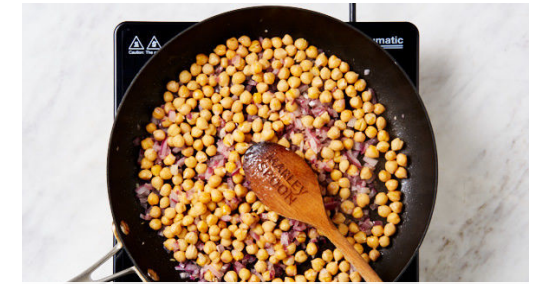
1. Prepare ingredients

Read through the recipe. Finely chop the **onion**. Crush or finely chop the **garlic**. Cut the **zucchini** into 1cm chunks. Rinse and drain the **chickpeas**, then pat dry with paper towel. Pick a quarter of the **mint leaves** and set aside for serving.



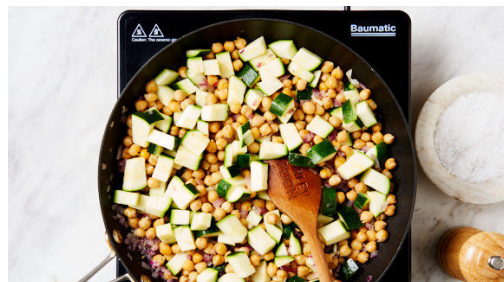
2. Make mint yoghurt

Put the **remaining mint leaves and stems, yoghurt** and **2 tsp red wine vinegar** in jug. Blend until smooth with a stick blender. Taste, then season with **salt and pepper**.



3. Cook chickpeas

Heat **2 tbs olive oil** in a large frypan over high heat. Add the **onion, garlic** and **chickpeas**, season with **salt and pepper**, and cook, stirring occasionally, for 4 mins or until the chickpeas are starting to take colour.



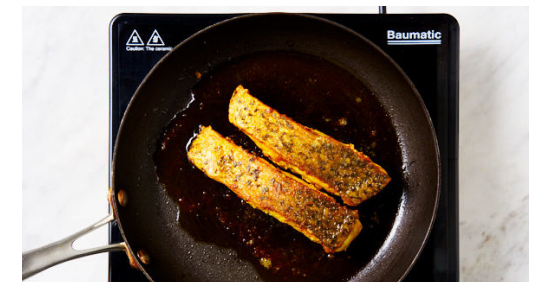
4. Add zucchini

Add the **zucchini** and **2 tbs water** to the chickpea mixture and cook, stirring occasionally, for 3 mins or until the zucchini is starting to soften. Remove from the heat, then stir in **1 tsp red wine vinegar**. Taste, then season with **salt and pepper**.



5. Season fish

Meanwhile, combine **2 tsp turmeric** and **1 tbs olive oil** in a bowl and season with **salt and pepper**. Add the **fish** and turn to coat.



6. Cook fish

Heat a medium frypan over medium-high heat. Cook the **fish** for 3-4 mins each side or until just cooked through. Spread the **mint yoghurt** over 4 plates. Spoon over the **chickpea mixture** and top with the **fish**. Scatter over the **reserved mint leaves** to serve.