

Seared Barramundi

with Collard Greens, Fregola Sarda & Shallot Agrodolce

Tonight's elegant meal highlights an incredible fish: rich, robust barramundi. We're serving our pan-seared fillets over a sauté of earthy collard greens tossed with toasty, rustic fregola sarda pasta. These satisfying flavors find a bright counterpoint in our quick agrodolce—a sweet and tangy Italian sauce, made here with aromatic shallot and golden raisins (plus fresh mint, for a cooling touch).

Blue Apron Wine Pairings

Viale Sangiovese, 2015

Ventana Vineyards Chardonnay, 2014



Ingredients

- 2 Skin-On Barramundi Fillets
- 1/2 Cup Fregola Sarda Pasta
- 4 Cloves Garlic
- 1/2 Bunch Collard Greens
- 1 Bunch Mint

Knick Knacks

- 2 Tablespoons Golden Raisins
- 2 Tablespoons Red Wine Vinegar
- 1 Shallot
- 1 Tablespoon Honey
- 1/4 Teaspoon Crushed Red Pepper Flakes

Makes: 2 servings

Prep Time: 10 minutes | **Cook Time:** 25–35 minutes



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Recipe #1024

Instructions

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1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel and thinly slice the shallot. Pick the mint off the stems; discard the stems. Peel and mince the garlic. Remove and discard the collard green stems; roughly chop the leaves.

2



Cook the pasta:

Add the **pasta** to the pot of boiling water and cook, uncovered, 8 to 10 minutes, or until tender. Reserving **½ cup of the pasta cooking water**, drain thoroughly and set aside in a warm place.

3



Make the agrodolce:

While the pasta cooks, in a medium pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot. Add the **shallot** and season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant. Add the **honey, vinegar, raisins, half the mint** (tearing just before adding) and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 1 to 2 minutes, or until thoroughly combined. Transfer to a bowl and season with salt and pepper to taste; set aside in a warm place. Rinse and wipe out the pan.

4



Cook the collard greens & finish the pasta:

In the same pan, heat 1 teaspoon of olive oil on medium-high until hot. Add the **garlic** and season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant. Add the **collard greens** and **half the reserved pasta cooking water**. Cook, stirring occasionally, 4 to 6 minutes, or until wilted and the water has cooked off. Add the **cooked pasta** and **remaining pasta cooking water**. Cook, stirring vigorously, 1 to 2 minutes, or until thoroughly combined. Divide between 2 dishes and season with salt and pepper to taste. Set aside in a warm place. Rinse and wipe out the pan.

5



Cook the barramundi & plate your dish:

Pat the **barramundi fillets** dry with paper towels; season the skinless sides with salt and pepper. In the same pan, heat 1 teaspoon of olive oil on medium-high until hot. Add the seasoned fillets, skin sides down. Cook 5 to 7 minutes on the first side, or until browned and crispy. Flip the fillets and season with salt and pepper. Cook 1 to 2 minutes, or until lightly browned and cooked through. Divide the cooked fillets between the dishes of **finished pasta**. Top with the **agrodolce**. Garnish with the **remaining mint** (finely chopping just before adding). Enjoy!