

Crispy Barramundi

with Quinoa & Roasted Carrot Salad

PREP TIME: 15 minutes

COOK TIME: 30-40 minutes

SERVINGS: 4

Tonight's dish weaves together a fantastic array of tastes and textures. The crispy skin on our barramundi fillets complements the gentle crunch of red quinoa in our salad, which is brightened by the juice of cara cara orange (a particularly sweet variety of navel orange with distinctive pink flesh). We're also topping the fish with a salsa verde made with cilantro, lime juice and almonds for a pop of refreshing, herbal flavor with every bite.



BLUE APRON WINE PAIRING:

Arco von Kammersbründl Grüner Veltliner, 2015

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Ingredients



4
SKIN-ON
BARRAMUNDI
FILLETS



1½ cups
RED QUINOA



6
CARROTS



6
SCALLIONS



4 cloves
GARLIC



1
CARA CARA
ORANGE



1 bunch
KALE



1
LIME



1 large bunch
CILANTRO

KNICK KNACKS:



3 Tbsp
ROASTED
ALMONDS



2 Tbsp
BUTTER





1 Prepare the ingredients:

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Heat a large pot of salted water to boiling on high.
- Halve the orange; squeeze the juice into a bowl.
- Peel and medium dice the carrots.
- Cut off and discard the root ends of the scallions; cut into 1-inch pieces.
- Peel and finely chop the garlic.
- Remove and discard the kale stems; roughly chop the leaves.
- Finely chop the almonds.
- Finely chop the cilantro leaves and stems.
- Quarter the lime.



2 Cook the quinoa:

- Thoroughly rinse the **quinoa** under cold water. Add the rinsed quinoa to the pot of boiling water and cook, uncovered, 14 to 16 minutes, or until tender. Turn off the heat; drain thoroughly and return to the pot. Stir in the **orange juice**. Season with salt and pepper to taste.

3 Roast the carrots:

- While the quinoa cooks, place the **carrots** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 8 to 10 minutes, or until slightly softened. Remove from the oven, leaving the oven on. Carefully add the **scallions** to the sheet pan and stir to combine; season with salt and pepper. Arrange in a single, even layer and return to the oven. Roast 8 to 10 minutes, or until the scallions are browned and the carrots are tender when pierced with a fork. Remove from the oven. Transfer to the pot of **cooked quinoa**. Stir to thoroughly combine.



4 Cook the kale & finish the salad:

- While the carrots roast, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add **¾ of the garlic** and season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **kale** and season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly wilted. Add **½ cup of water** and cook, stirring occasionally, 3 to 4 minutes, or until the kale has wilted and the water has cooked off. Remove from heat. Transfer to the pot of **cooked quinoa and carrots**. Stir to thoroughly combine; season with salt and pepper to taste. Wipe out the pan.

5 Make the salsa verde:

- While the kale cooks, in a bowl, combine the **almonds, cilantro, the juice of all 4 lime wedges** and **as much of the remaining garlic as you'd like**. Season with salt and pepper. Slowly stir in enough olive oil to create a rough paste; season with salt and pepper to taste.



6 Cook the barramundi & serve your dish:

- Pat the **barramundi fillets** dry with paper towels. Season both sides with salt and pepper. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fillets, skin sides down, and cook 5 to 7 minutes on the first side, or until the skin is crispy. Flip and add the **butter**. Cook, occasionally spooning the butter over the fillets, 2 to 3 minutes, or until cooked through. Turn off the heat. Divide the **finished salad** and cooked fillets between 4 dishes. Top the barramundi with any **remaining butter** and the **salsa verde**. Enjoy!