

Crispy Barramundi & Fregola Sarda

with Fennel, Raisins, & Orange

PREP TIME: 15 minutes

COOK TIME: 35-45 minutes

SERVINGS: 2

Tonight, we're dressing up crispy-skinned barramundi with the bright flavors of southern Italy. Fregola sarda, a toasted semolina pasta, takes on notes of licorice from sautéed fennel and pops of sweetness from golden raisins. To finish, we're making a sauce with fresh orange juice and a vibrant olive oil infused with garlic, oregano, and—for a spicy twist—dried chile de arbol, a petite Mexican chile.



BLUE APRON WINE PAIRING:

Brick & Mortar Vin Blanc, 2016

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Ingredients



2
SKIN-ON
BARRAMUNDI
FILLETS



1/2 cup
FREGOLA SARDA
PASTA



1 clove
GARLIC



1
FENNEL BULB



1
NAVEL ORANGE



1 bunch
OREGANO

KNICK KNACKS:



3 Tbsp
GOLDEN RAISINS



1
SHALLOT



2 Tbsp
ROASTED
PISTACHIOS



1
DRIED CHILE DE
ARBOL



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1 Cook the pasta:

- ☐ Heat a small pot of salted water to boiling on high. Once boiling, add the **pasta** and cook 14 to 16 minutes, or until al dente (still slightly firm to the bite). Drain thoroughly and transfer to a bowl. Stir in a drizzle of olive oil and season with salt and pepper to taste. Wipe out the pot.

2 Prepare the ingredients:

- ☐ While the pasta cooks, wash and dry the fresh produce.
- ☐ Cut off and discard any fennel stems. Halve the bulb lengthwise; cut out and discard the core, then thinly slice crosswise.
- ☐ Peel and thinly slice the shallot.
- ☐ Roughly chop the pistachios.
- ☐ Peel the garlic; using the flat side of your knife, gently smash the clove once.
- ☐ Leaving half the oregano sprigs whole, pick the remaining oregano leaves off the stems; discard the stems and roughly chop the leaves.
- ☐ Halve the orange; squeeze the juice into a bowl, straining out any seeds.



3 Cook the fennel & finish the pasta:

- ☐ In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **fennel** and **shallot**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until softened and fragrant. Add the **cooked pasta**, **pistachios**, and **raisins**; cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined and heated through. Season with salt and pepper to taste.
- ☐ Divide between 2 dishes and set aside in a warm place. Wipe out the pan.



4 Make the infused oil:

- ☐ In the pot used to cook the pasta, heat **2 tablespoons of olive oil** on medium-high until hot. Add the **garlic** and **chile**; cook 2 to 3 minutes, or until fragrant.
- ☐ Turn off the heat and add the **whole oregano sprigs**. (For a spicier dish, break apart the chile with a spoon.)

5 Cook the barramundi:

- ☐ Pat the **barramundi fillets** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets, skin side down, and cook 3 to 5 minutes on the first side, or until the skin is lightly browned and crispy.
- ☐ Flip and cook 2 to 3 minutes, or until lightly browned and cooked through. Leaving any browned bits (or fond) in the pan, divide between the dishes of **finished pasta**.



6 Make the sauce & plate your dish:

- ☐ Add the **chopped oregano** and **orange juice** to the pan of reserved fond (be careful, as the orange juice may splatter). Cook on medium-high, stirring constantly and scraping up any fond from the bottom of the pan, 30 seconds to 1 minute, or until the liquid is slightly reduced in volume.
- ☐ Turn off the heat. Pouring through a strainer, add the **infused oil**; discard the garlic, chile, and oregano sprigs. Stir to thoroughly combine; season with salt and pepper to taste.
- ☐ Top the **cooked barramundi fillets** with as much of the sauce as you'd like. Enjoy!