

# Barramundi & Tzatziki Sauce

*with Summer Vegetable & Freekeh Salad*

**TIME:** 30-40 minutes

**SERVINGS:** 4

The inspiration behind tonight's dish is tabbouleh, a Middle Eastern salad of cracked wheat, tomatoes, cucumbers, and herbs dressed with olive oil and lemon juice. We're shaking it up with freekeh (a type of toasted wheat), sunny charm tomatoes, and roasted shishito peppers, all seasoned with lemony sumac. A side of tzatziki—a zesty yogurt-cucumber sauce—is perfect for dolloping on top of crispy-skinned barramundi.



## MATCH YOUR BLUE APRON WINE



Light & Fresh

Serve a bottle with this symbol for a great pairing.



## Ingredients



4  
SKIN-ON  
BARRAMUNDI  
FILLETS



¾ cup  
FREEKEH



½ cup  
PLAIN GREEK  
YOGURT



6 oz  
YELLOW CHARM  
TOMATOES



3 Tbsps  
ROASTED  
ALMONDS

2 tsps  
SUMAC SPICE  
BLEND\*



3 oz  
SHISHITO  
PEPPERS



1 clove  
GARLIC



1  
KIRBY CUCUMBER



1 bunch  
MINT



1 Tbsp  
SHERRY VINEGAR

\* Sumac & Salt



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## 1 Cook the freekeh:

- ☐ Preheat the oven to 475°F.
- ☐ Heat a small pot of salted water to boiling on high.
- ☐ Once boiling, add the **freekeh**. Cook, uncovered, 23 to 25 minutes, or until tender.
- ☐ Turn off the heat. Drain thoroughly and return to the pot. Set aside in a warm place.

## 2 Prepare the ingredients:

- ☐ While the freekeh cooks, wash and dry the fresh produce.
- ☐ Cut off and discard the pepper stems; cut the peppers crosswise into 1-inch pieces.
- ☐ Small dice the cucumber.
- ☐ Peel and finely chop the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ Halve the tomatoes and place in a bowl; season with salt and pepper.
- ☐ Roughly chop the almonds.
- ☐ Pick the mint leaves off the stems; discard the stems.

## 3 Roast the peppers:

- ☐ While the freekeh continues to cook, place the **peppers** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single layer.
- ☐ Roast 7 to 9 minutes, or until lightly browned and slightly softened. Remove from the oven.

## 4 Cook the barramundi:

- ☐ While the peppers roast, pat the **barramundi fillets** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a large pan (nonstick, if you have one), heat 1 tablespoon 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. Turn off the heat.

## 5 Make the tzatziki sauce:

- ☐ While the barramundi cooks, in a bowl, combine the **yogurt, cucumber, half the vinegar**, and **as much of the garlic paste as you'd like**. Drizzle with olive oil; season with salt and pepper to taste.

## 6 Make the freekeh salad & serve your dish:

- ☐ While the barramundi continues to cook, to the pot of **cooked freekeh**, add the **seasoned tomatoes, roasted peppers, almonds, spice blend, half the mint** (tearing the leaves just before adding), **remaining vinegar**, and **1 tablespoon of olive oil**. Stir to combine; season with salt and pepper to taste.
- ☐ Divide the freekeh salad among 4 dishes. Top with the **cooked barramundi fillets**. Garnish with the **remaining mint** (tearing the leaves just before adding). Serve with the **tzatziki sauce** on the side. Enjoy!