

Barramundi & Tzatziki Sauce

with Summer Vegetable & Freekeh Salad

TIME: 25-35 minutes

SERVINGS: 4

The inspiration behind this 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) and adding in roasted shishito peppers, then seasoning it all with lemony sumac. A side of tzatziki—a creamy 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
CRACKED
FREEKEH



1 bunch
MINT



½ lb
HERITAGE GLOBE
OR COCKTAIL
TOMATOES



2 oz
SHISHITO
PEPPERS



1 clove
GARLIC



1
CUCUMBER

KNICK KNACKS:



3 Tbsps
ROASTED
ALMONDS



2 tsps
SUMAC SPICE
BLEND*



1 Tbsp
RED WINE
VINEGAR



½ cup
PLAIN GREEK
YOGURT

* 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.
- ☐ Peel the cucumber, leaving alternating strips of skin intact; halve lengthwise. Using a spoon, scoop out and discard the seeds. 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).
- ☐ Quarter 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 2 tablespoons 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:

- ☐ To the pot of **cooked freekeh**, add the **seasoned tomatoes, roasted peppers, almonds, spice blend, 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**. Serve with the **tzatziki sauce** on the side. Enjoy!