

# Barramundi & Fregola Sarda Pasta

with Honeynut Squash  
Agrodolce & Garlic Kale

TIME: 45-55 minutes

SERVINGS: 4

Honeynut squash, a sweet and petite variety of butternut, gets the star treatment in this recipe. We're using it to make an agrodolce, or an Italian sweet-and-sour sauce, to top our barramundi. The sauce combines honey and vinegar with raisins and red pepper flakes for pops of fruity sweetness and a hint of heat. Served over toasty pearls of pasta and garlic-sautéed kale, it's the perfect way to welcome fall.



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## Ingredients



4  
SKIN-ON  
BARRAMUNDI  
FILLETS



1 cup  
FREGOLA SARDA  
PASTA



2 cloves  
GARLIC



1 bunch  
KALE



1  
HONEYNUT  
SQUASH



1 bunch  
MINT

## KNICK KNACKS:



2 Tbsps  
GOLDEN RAISINS



1  
SHALLOT



1/4 tsp  
CRUSHED RED  
PEPPER FLAKES



2 Tbsps  
WHITE WINE  
VINEGAR



1 Tbsp  
HONEY



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## 1 Prepare the ingredients:

- ☐ Remove the honey from the refrigerator to bring to room temperature.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Peel and finely chop the shallot.
- ☐ Pick the mint leaves off the stems; discard the stems.
- ☐ Cut off and discard the ends of the squash. Carefully peel the squash; halve lengthwise. Using a spoon, scoop out and discard the pulp and seeds. Small dice the squash.
- ☐ Peel and finely chop the garlic.
- ☐ Remove and discard the kale stems; roughly chop the leaves.



## 2 Cook the pasta:

- ☐ Add the **pasta** to the pot of boiling water. Cook 14 to 16 minutes, or until tender. Turn off the heat. Reserving **½ cup of the pasta cooking water**, drain thoroughly and return to the pot.

## 3 Make the sauce:

- ☐ While the pasta cooks, in a bowl, combine the **honey** (kneading the packet before opening), **vinegar**, **shallot**, **raisins**, **half the mint** (tearing the leaves just before adding), **2 tablespoons of water**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper to taste.

## 4 Make the agrodolce:

- ☐ While the pasta continues to cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **squash**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until lightly browned and slightly softened. Add the **sauce**. Season with salt and pepper. Cook, stirring occasionally, 1 to 3 minutes, or until thickened and the squash is coated. Turn off the heat; season with salt and pepper to taste. Transfer to a bowl and set aside in a warm place. Rinse and wipe out the pan.



## 5 Cook the kale & finish the pasta:

- ☐ In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened. Add the **reserved pasta cooking water** and cook, stirring occasionally, 3 to 4 minutes, or until the kale has wilted and the water has cooked off.
- ☐ Transfer to the pot of **cooked pasta**. Drizzle with olive oil and stir to combine. Season with salt and pepper to taste. Rinse and wipe out the pan.



## 6 Cook the barramundi & serve your dish:

- ☐ Pat the **barramundi fillets** dry with paper towels. Season with salt and pepper on both sides. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fillets, skin side down. Cook 5 to 7 minutes on the first side, or until lightly browned and the skin is crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.
- ☐ Transfer the **finished pasta** to a serving dish. Top with the cooked barramundi fillets and **agrodolce**. Garnish with the **remaining mint** (tearing the leaves just before adding). Enjoy!