

Mexican-Spiced Barramundi

with Kale, Sweet Potato, & Avocado Salad

TIME: 40-50 minutes

SERVINGS: 2

This recipe has been approved by Whole30®. To learn more about their guidelines, visit [Whole30.com](https://www.whole30.com).

We're partnering with Whole30® to bring you the first of eight weeks of delicious recipes. Zesty spiced barramundi is the perfect partner for a salad of roasted sweet potato and kale, marinated in a creamy avocado and citrus dressing to soften the leaves.

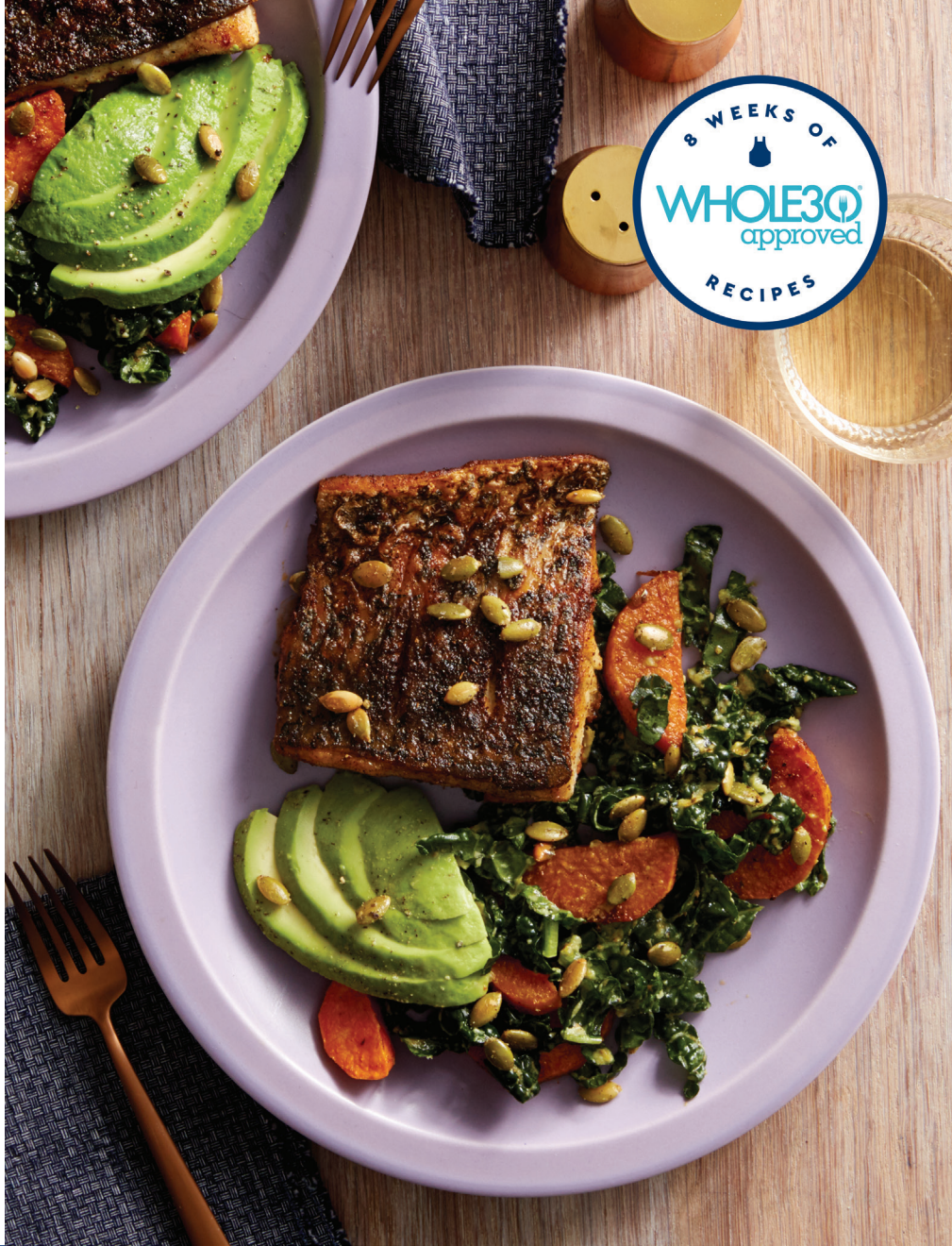


MATCH YOUR BLUE APRON WINE



Lush & Fruity

Whole30® guidelines do not permit alcohol consumption.



Ingredients



2
SKIN-ON
BARRAMUNDI
FILLETS



1 clove
GARLIC



2
SWEET POTATOES



1
AVOCADO



1
LIME



1
CLEMENTINE



1 bunch
KALE

KNICK KNACKS:



2 Tbsps
PEPITAS



1
JALAPEÑO PEPPER

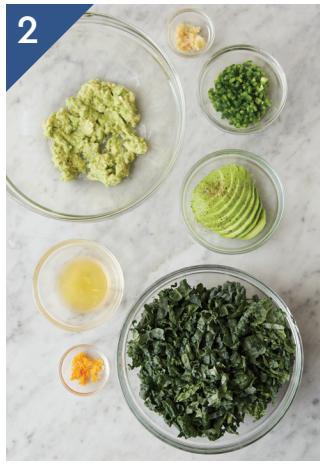


1 Tbsp
MEXICAN SPICE
BLEND*

* Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin, & Dried Mexican Oregano



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1 Prepare & roast the sweet potatoes:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Halve the **sweet potatoes** lengthwise; cut crosswise into 1/4-inch pieces. Place on a sheet pan. Drizzle with olive oil and season with salt, pepper, and **half the spice blend**; toss to coat. Arrange in an even layer.
- ☐ Roast, flipping halfway through, 20 to 22 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

2 Prepare the remaining ingredients:

- ☐ While the sweet potatoes roast, quarter the **lime**.
- ☐ Pit, peel, and halve the **avocado**. Thinly slice 1 half; place in a bowl and top with **the juice of 1 lime wedge** to prevent browning. Season with salt and pepper. Place the remaining half in a large bowl and top with **the juice of the remaining lime wedges**; using a fork, mash until smooth. Season with salt and pepper.
- ☐ Peel and finely chop the **garlic**; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ Using a peeler, remove the rind of the **clementine**, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Halve the clementine; squeeze the juice into a bowl, straining out any seeds.
- ☐ Remove and discard the stems of the **kale**; thinly slice the leaves.
- ☐ Cut out and discard the stem, ribs, and seeds of the **pepper**; finely chop. Thoroughly wash your hands immediately after handling.

3 Make the dressing & marinate the kale:

- ☐ To the bowl of **mashed avocado**, add the **clementine juice**, **clementine zest**, **3 tablespoons of olive oil**, as much of the **garlic paste as you'd like**, and **as much of the chopped pepper as you like**, depending on how spicy you'd like the dish to be. Whisk to combine; season with salt and pepper to taste.
- ☐ Add the **sliced kale**; stir to thoroughly coat. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

4 Toast the pepitas:

- ☐ While the kale marinates, in a medium pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot. Add the **pepitas**; season with salt and pepper. Toast, stirring frequently, 2 to 3 minutes, or until lightly browned and fragrant. (Be careful, as the pepitas may pop as they toast.) Transfer to a paper towel-lined plate; immediately season with salt. Wipe out the pan.

5 Cook the fish:

- ☐ Pat the **fish fillets** dry with paper towels; season on both sides with salt, pepper, and the **remaining spice blend**. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets, skin side down; 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.

6 Make the salad & serve your dish:

- ☐ Add the **roasted sweet potatoes** to the bowl of **marinated kale**; stir to combine. Season with salt and pepper to taste.
- ☐ Serve the salad with the **cooked fish fillets** and **sliced avocado**. Garnish with the **toasted pepitas**. Enjoy!