

Honey-Butter Barramundi

with Za'atar Roasted Vegetables

TIME: 40-50 minutes

SERVINGS: 4

This Middle Eastern recipe pairs crispy barramundi—served in a family-friendly pan sauce of honey and butter—with a medley of winter vegetables. For savory, herby flavor, we're seasoning the vegetables with za'atar before roasting them.



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Ingredients



4
SKIN-ON
BARRAMUNDI
FILLETS



1
LEMON



2
CARROTS



1 clove
GARLIC



3 oz
RADISH



½ cup
PLAIN GREEK
YOGURT



1 ⅞ lbs
YUKON GOLD
POTATOES



1 bunch
PARSLEY



1 Tbsp
HONEY



2 Tbsps
BUTTER



1 Tbsp
ZA'ATAR
SEASONING*

* Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano, & Crushed Aleppo Pepper



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1 Prepare the ingredients:

- ☐ Remove the **honey** from the refrigerator to bring to room temperature.
- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Halve the **potatoes** lengthwise; cut crosswise into 1/4-inch pieces. Peel the **carrots**; halve lengthwise, then cut crosswise into 1/2-inch pieces.
- ☐ Cut off and discard the ends of the **radishes**; quarter lengthwise, then halve crosswise.
- ☐ Quarter and deseed the **lemon**.
- ☐ Peel and finely chop the **garlic**; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ Roughly chop the **parsley** leaves and stems.



2 Roast the vegetables:

- ☐ Place the **sliced potatoes** and **carrot pieces** on a sheet pan. Drizzle with 1 tablespoon of olive oil; season with salt, pepper, and the **za'atar seasoning**. Toss to coat. Arrange in an even layer on one side of the sheet pan.
- ☐ Roast 12 to 14 minutes, or until lightly browned. Leaving the oven on, remove from the oven.
- ☐ Place the **radish pieces** in a bowl. Drizzle with olive oil and season with salt and pepper; toss to coat. Carefully arrange on the other side of the sheet pan.
- ☐ Roast 10 to 12 minutes, or until tender when pierced with a fork. Remove from the oven. Evenly top with the **juice of 2 lemon wedges**.

3 Make the yogurt sauce:

- ☐ While the vegetables roast, in a bowl, combine the **yogurt**, the **juice of the remaining lemon wedges**, **1 tablespoon of olive oil**, and **as much of the garlic paste as you'd like**. Drizzle with olive oil and season with salt and pepper to taste.

4 Cook the fish:

- ☐ Once the vegetables have roasted for about 10 minutes, pat the **fish 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. Cook 4 to 6 minutes on the first side, or until lightly browned.
- ☐ Flip and add the **butter**. Cook, frequently spooning the butter over the fillets, 2 to 3 minutes, or until the fish is cooked through.
- ☐ Leaving the melted butter and any browned bits (or fond) in the pan, transfer the cooked fillets to a plate.

5 Make the pan sauce:

- ☐ Add the **honey** (kneading the packet before opening) and **2 tablespoons of water** to the pan of melted butter (be careful, as the liquid may splatter). Cook on medium-high, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until slightly thickened. Turn off the heat and season with salt and pepper to taste.

6 Serve your dish:

- ☐ Serve the **cooked fish fillets** and **roasted vegetables** with the **yogurt sauce** on the side. Top the fish with the **pan sauce**. Garnish with the **chopped parsley**. Enjoy!

