



NUTRITION *per serving* 59g carbohydrates 17g fat 38g protein 1293mg sodium | CONTAINS dairy | calorie-conscious



Calories
529



Prep & Cook Time
35-45 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Not Spicy



Barramundi Beurre Blanc

with parsnip, potato, and Swiss chard hash

IN YOUR BOX

1 Russet Potato
9 oz. Parsnip
3 oz. Swiss Chard
2 Garlic Cloves
12 oz. Barramundi Fillets
4 fl. oz. White Cooking Wine
.6 oz. Butter

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
Large Non-Stick Pan

www.homechef.com/3967

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

FROM THE CHEF

If your pan isn't big enough to rest barramundi flat, feel free to rest the fish against the sides.

Did you know...

Barramundi is also known as "passion fish." An old aboriginal folktale states that, in a time before fish, two young lovers were being chased by tribal elders opposed to their match. The young man told the young woman that, to live, they must jump in the sea. They did so, and became the fish that's on your plate! (The spines on the fins are supposed to represent the spears that were thrown at them.)



1

Prepare the Ingredients

Peel and cut **potato** into 1" dice. Trim ends off **parsnip** and cut into ½" dice. Stem **Swiss chard** and trim stalks. Cut stems into ½" slices on an angle and coarsely chop leaves. Mince **garlic**. Pat **barramundi** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Sear the Vegetables

Heat 1 Tbsp. **olive oil** in a large non-stick pan over medium heat. Add **potato** to hot pan and cook, stirring often, 5 minutes. Add **parsnip** and cook until lightly browned all over, 4-6 minutes. Stir in **chard stems**, ½ tsp. **salt**, and ¼ tsp. **pepper**.



3

Roast the Vegetables

Transfer **vegetables** to prepared baking sheet and spread into a single layer. Roast 12 minutes. Remove from oven and carefully stir in **chard leaves**, **garlic**, and 2 tsp. **olive oil**. Roast until chard leaves are wilted, 2-4 minutes. Reserve pan; no need to wipe clean.



4

Cook the Barramundi

Return pan used to sear vegetables to medium-high heat. Add 2 tsp. **olive oil** and **barramundi** to hot pan. Cook until golden brown and barramundi reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side. Remove barramundi to plate. Wipe pan clean and reserve.



5

Make the Beurre Blanc

Return pan used to cook barramundi to medium heat. Add **white wine** to hot pan and cook until reduced by ¾, 2-4 minutes. Remove pan from burner. Add **butter** to pan and swirl to incorporate.



6

Plate the Dish

Place **barramundi** on a plate and add **vegetables** next to fish. Spoon **beurre blanc** next or on top of barramundi.