

GEORGIE & TOM'S

EATING WELL MADE EASY



Barramundi Bouillabaisse

BARRAMUNDI FILLET IN A TOMATO AND SAFFRON SAUCE WITH FENNEL, RED PEPPER AND COLLARD GREENS FINISHED WITH GARLIC BUTTER.

★★★★☆ 4.7

25 reviews

Stovetop, microwave
10 minutes

510 calories per person
Serves 2

Soy free, Mediterranean Diet, Pescatarian diet, High fibre

To maximise freshness put the raw barramundi straight into the freezer on arrival. Defrost overnight in the fridge or when needed in a couple of minutes in the microwave.

HOW TO COOK

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Stovetop

1. Season **barramundi**. Fry in tbsp of oil. (4 mins, medium heat, skin side down)
2. Turn barramundi, add **tomatoes**, cook for 4 mins and finish with **garlic butter**.
3. Place **bouillabaisse and veggies** in microwaveable container. Microwave for 6 mins until pipping hot.
4. Plate veggies and sauce and top with barramundi. (Pour any juices from pan on top)

Microwave

1. Season **barramundi**. Place **bouillabaisse, veggies & tomatoes** in microwaveable container and top with barramundi and plastic wrap.
2. Microwave for 6 mins.
3. Add **garlic butter** and microwave for 30 more seconds or until everything is pipping hot.

(After cooking you can easily peel off skin if you prefer a skin less barramundi).

Cooking tip

For best results when stovetop cooking, use a non-stick frying pan to prevent barramundi fillets from sticking.

Our Barramundi fillets are hand-cut so cooking time may vary. You can check your barramundi is cooked by ensuring it reaches 145F.

Bone warning: *All our fish is deboned, however sometimes a bone can be missed. We apologise if you are the lucky one who finds a bone.*

INGREDIENTS

Barramundi (Sustainable ocean Farm Raised, ASC, Fair trade), Tomatoes, Onion, Fennel, bulb, raw, Red pepper, Tomato, Carrot, Butter, White wine, Collards, raw, Tomato puree, Celery, raw, Garlic, Olive Canola oil blend, Water, Seafood base (Seafood (Lobster, clam, shrimp, crab), salt, palm oil, sugar, celery salt, corn starch, butter, onion powder, yeast extract, clam juice, citric acid, dehydrated clam broth, paprika), Slow roast tomato paste, Lemon juice, Sugar, Salt, Parsley, Fennel seeds, Smoked paprika, Basil, Lemon zest, Bay leaf whole, Black pepper, Thyme, dried, Saffron

Allergens: Crustaceans, Gluten Fish, Milk

Contains celery

NUTRITION FACTS

Nutritional information per portion

Cals 510, Fat 30g, Sat Fat 14g, Protein 35g, Fibre 6g, Carbohydrates 22g, Total Sugars 11g, sodium 900mg,