



Spanish Barramundi & Chorizo

BARRAMUNDI IN A SMOKY TOMATO SAUCE WITH CHORIZO, CHICKPEAS & SEASONAL GREENS

★★★★☆ 4.1

21 reviews

Stove Top or Microwave, Raw protein
6 minutes

Shelf-life: Day of delivery plus 4 days

470 calories per person
Serves 2

Low calorie, Carb conscious, Mediterranean, Gluten free, Soy Free, Dairy free, High in Protein, High in Fibre

Suitable for home freezing

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. Dry & season **Barramundi**. Fry **chorizo** & barramundi in 1 tbsp of oil. (4 mins per side, start skin side down)
2. Season and add 1 tbsp of water to **tray of veggies**. Microwave with **pot of smokey sauce** (lid on loosely). 3-4 mins. *(Alternatively fry veggies in pan)*
3. Serve barramundi on bed of sauce & veggies.

Microwave

1. Dry & season **barramundi**. Add **chorizo** to **smokey sauce pot**.
2. Place barramundi on **tray of veggies** and plastic wrap.
3. Microwave tray & sauce pot (lid on loosely) 5-6 mins until pipping hot.
4. Serve barramundi on bed of sauce & veggies.

(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.

INGREDIENTS

Barramundi (Sustainable Ocean Farm Raised, ASC, Fair trade), Tomatoes, Zucchini, Broccoli, Chickpeas, Cherry Tomatoes, Chorizo, Red pepper, Onion, Yellow pepper, Slow roast tomato paste, Carrot, Olive Canola oil blend, Garlic, Smoked paprika, Agave syrup, Red chili flakes, Basil, Salt, Black pepper, Rosemary, Oregano dried, Thyme, dried

Allergens: Fish

NUTRITION FACTS

Calories 410, Fat 19g, Saturated fat 4.5g, Carbohydrates 20g, Total sugars 8g, Protein 40g, Fibre 6g, Sodium 470mg