



Crispy-Skin Barramundi

with Creamy Charred Broccoli Mash



20-30min



2 Servings

Mascarpone is a very soft Italian cream cheese with a fresh milky, almost sweet flavor, and a super-smooth texture. For this keto-friendly dish, mascarpone cheese adds a luxe creaminess to charred broccoli mash, served alongside crispy-skin barramundi and a plum tomato salad.

What we send

- ½ lb broccoli
- 1 plum tomato
- 3 oz mascarpone ⁷
- 10 oz pkg barramundi ⁴
- 4 oz basil pesto ⁷

What you need

- garlic
- olive oil
- red wine vinegar (or vinegar of your choice)
- kosher salt & ground pepper
- butter ⁷

Tools

- medium nonstick skillet
- potato masher or fork

Allergens

Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 70g, Carbs 10g, Protein 35g



1. Prep ingredients

Preheat oven to 250°F with a rack in the center position.

Cut **broccoli** into 1-inch florets, if necessary.

Halve **tomato** lengthwise, then thinly slice crosswise into half-moons.

Finely chop **1 large garlic clove**.



4. Finish broccoli mash

Off the heat, add **mascarpone** and, using a potato masher or fork, mash to a coarse puree. Cook over medium-low heat until thickened, about 1 minute.

Add **2 tablespoons butter** and **a pinch each of salt and pepper**; stir to melt. Transfer to an ovenproof bowl, cover, and keep warm in the oven until serving. Rinse and dry skillet.



2. Make tomato salad

In a small bowl, combine **tomatoes**, **half of the chopped garlic**, **1 tablespoon oil**, **1 teaspoon vinegar**, and **a pinch each of salt and pepper**; toss to combine.



5. Prep & cook barramundi

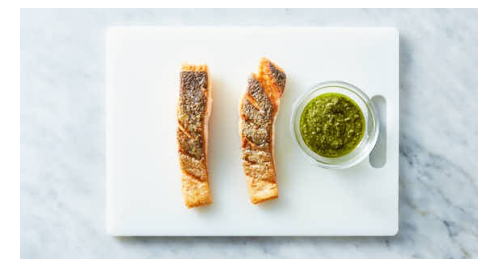
Pat **fish** very dry; season with **salt** and **pepper**. In a medium nonstick skillet, heat **1 tablespoon neutral oil** over medium-high until just starting to smoke. Add fish, skin side down.

Press each filet gently with a spatula for 10 seconds as they are added to the pan. Lower heat to medium and cook until skin is well browned and flesh is almost cooked through, 4-5 minutes.



3. Start broccoli mash

In a medium nonstick skillet, heat **1 tablespoon oil** over medium-high until shimmering. Add **broccoli**, season with **salt**, and cook, stirring occasionally, until crisp-tender and browned in spots, about 4 minutes. Add **remaining chopped garlic** and **¼ cup water**; cover and cook over medium heat until broccoli is tender and water is evaporated, about 2 minutes.



6. Finish barramundi & serve

Flip **fish**; cook until just medium, 1-2 minutes. Transfer to a plate.

Serve **barramundi** with **half of the pesto**, **broccoli mash**, and **tomato salad** alongside. Enjoy!