



## Easy Prep! Sheet Pan Barramundi

with Roasted Vegetables



45min



2 Servings

With a variety of vegetables, meaty barramundi filets, and homemade mustard-dill sauce, this meal might appear to require a lot of work, but the mighty sheet pan is here to disprove that! Zucchini, green beans, and potatoes roast alongside the fish while we prepare a simple sauce of fresh dill and Dijon mustard that you'll want to drizzle over everything. A squeeze of fresh lemon is the final bright touch before serving.



## What we send

- 1 zucchini
- 2 russet potatoes
- 1 lemon
- ½ lb green beans
- 10 oz pkg barramundi <sup>1</sup>
- ¼ oz fresh dill
- 1 oz mayonnaise <sup>2,3</sup>
- 1 pkt Dijon mustard

## What you need

- kosher salt & ground pepper
- olive oil
- garlic

## Tools

- rimmed baking sheet
- microplane or grater

## Allergens

Fish (1), Egg (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 500kcal, Fat 17g, Carbs 53g, Protein 35g



### 1. Prep ingredients

Preheat oven to 400°F with a rack in the lower third.

Trim **zucchini**, halve lengthwise, and cut into 1-inch half moons. Cut **potatoes** into 1-inch pieces. Cut **lemon** into wedges. Trim **green beans**, if desired.

Pat **barramundi** dry and season all over with **salt** and **pepper**.



### 2. Roast potatoes

Transfer **potatoes** to a rimmed baking sheet. Drizzle with **oil** and season with **salt** and **pepper**; toss to coat and spread over half of the baking sheet.

Roast on lower oven rack until potatoes start to soften and brown on the bottom, about 15 minutes.



### 3. Add veggies

Add **zucchini** and **green beans** to the other half of baking sheet (careful, it will be hot). Drizzle with **oil** and season with **salt** and **pepper**; toss to coat and spread in an even layer. Return to lower oven rack and roast until veggies start to brown, about 10 minutes.



### 4. Roast fish & make sauce

Nestle **fish**, skin side down, between **veggies**; drizzle with **oil**. Roast on lower oven rack until fish is cooked through, about 7 minutes.

Pick **dill fronds** from stems; discard stems. Finely chop half of the dill. Grate **½ teaspoon garlic** into a small bowl. Stir in **chopped dill, mayo, mustard**, and **1 tablespoon water**. Season to taste with **salt** and **pepper**.



### 5. Finish

Drizzle **mustard sauce** over **fish** and **veggies**. Garnish with **remaining dill fronds**. Squeeze **lemon wedges** over top, as desired.



### 6. Serve

Enjoy!