





Crispy-Skinned Barramundi

Brown Butter-Caper Sauce & Roasted Potatoes

 30-40min  2 Servings

If crispiness is your favorite flavor, this meal is for you! Meaty yet delicate barramundi filets cook to crispy-skinned perfection before resting in a sauce you might want to put on everything! Briny capers sizzle in brown butter, which helps cut its nutty richness. With a microwave shortcut, the potatoes crisp up quickly while the fish cooks. Peppery arugula salad and a squeeze of lemon round out this breezy bistro dinner.

What we send

- 12 oz Yukon gold potatoes
- 1 shallot
- garlic
- 1 lemon
- ¼ oz fresh parsley
- 10 oz pkg barramundi ¹
- 1 oz capers
- 1 bag arugula

What you need

- olive oil
- kosher salt & ground pepper
- neutral oil
- ¼ cup unsalted butter ²

Tools

- microwave
- rimmed baking sheet
- microplane or grater
- medium nonstick skillet

Cooking tip

For the crispiest skin, we make sure to pat the skin completely dry before seasoning. If not, it will steam instead of crisp!

Allergens

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

Nutrition per serving

Calories 680kcal, Fat 48g, Carbs 35g, Protein 34g



1. Prep potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **potatoes**; prick all over with a fork. Place on a microwave-safe dish and microwave on high until potatoes can be easily pierced to the center with a knife, 5-6 minutes, flipping halfway through cooking. Allow to cool for a couple of minutes, then carefully cut into 1-inch pieces.



2. Roast potatoes

In a medium bowl, combine **potatoes** with **1 tablespoon olive oil** and **salt** and **pepper** to taste. Toss to coat, shaking bowl roughly, until a layer of mashed potato-like paste has built up on the potato chunks. Transfer to a rimmed baking sheet; bake on lower rack until potatoes are deep brown and crispy, 25-30 minutes; flip with a metal spatula halfway through cooking.



3. Prep ingredients

While **potatoes** are cooking, finely chop **half the shallot** (save rest for own use). Finely chop **1 teaspoon garlic**. Finely grate **zest from half the lemon**. Into a small bowl, squeeze **all of the lemon juice** (about 2 tablespoons). Pick **parsley leaves** from stems, then finely chop leaves; discard stems.



4. Crisp skin

Pat **fish** very dry; season with **salt** and **pepper**. In a medium nonstick skillet, heat **1 tablespoon 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.



5. Finish fish & cook sauce

Flip **fish**; cook until it is just medium, 1-2 minutes more. Transfer fish to a plate. Increase heat to medium-high and add **¼ cup butter**. Cook, swirling skillet often, until butter is golden brown and fragrant, 2-3 minutes. Add **capers** and cook until frizzled, 1-2 minutes. Add **shallots** and **garlic**; cook until fragrant, another 30 seconds.



6. Finish & serve

Remove skillet from heat; stir in **lemon zest, parsley**, and **1½ tablespoons lemon juice**. In a large bowl, toss **arugula** with **2 teaspoons olive oil**, **1 teaspoon lemon juice**, and a **pinch each of salt and pepper**. Serve **fish** and **potatoes** with **caper sauce** drizzled over and **salad** on the side. Enjoy!