

MARLEY SPOON



Fast! Curry Butter Barramundi

with Rice Pilaf & Arugula Salad

 30min  2 Servings

Just because it's a busy weeknight doesn't mean you can't fill up your plate with deliciously bold, complex flavors. Tender, flaky barramundi soaks up a fragrant curry butter while it bakes in the oven. Meanwhile, we cook fluffy jasmine rice spiked with sweet dried currants and toss together an arugula salad with marinated shallots and crunchy almonds. Tear some mint leaves over top and enjoy this seriously speedy meal.

What we send

- 1 shallot
- garlic
- 1 oz fresh ginger
- 5 oz jasmine rice
- ½ oz dried currants
- 10 oz pkg barramundi ⁴
- ¼ oz curry powder
- 1 oz salted almonds ¹⁵
- 5 oz arugula
- ¼ oz fresh mint

What you need

- olive oil
- balsamic vinegar (or vinegar of your choice) ¹⁷
- kosher salt & ground pepper
- sugar
- butter ⁷

Tools

- rimmed baking sheet
- aluminium foil
- medium saucepan
- small skillet

Allergens

Fish (4), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 780kcal, Fat 37g, Carbs 78g, Protein 38g



1. Prep ingredients

Preheat oven to 350°F with a rack in the center. Line a rimmed baking sheet with foil.

Thinly slice **shallot**, then finely chop half. Finely chop **1 teaspoon each of garlic and ginger**.

In a medium bowl, toss to combine **sliced shallots, 1 tablespoon oil, 1 teaspoon vinegar, and a pinch each of salt, sugar, and pepper**.



4. Bake fish

Pour **curry butter** over **fish**.

Bake on center oven rack until fish is cooked through and easily flakes with a fork, 10-15 minutes.



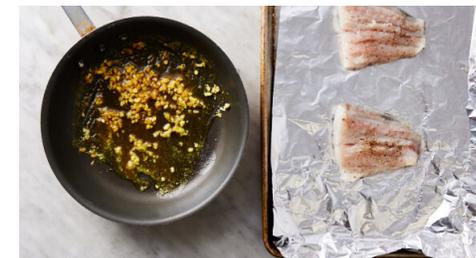
2. Cook rice

Heat **2 teaspoons oil** in a medium saucepan over medium-high. Add **chopped shallots and rice**; cook, stirring, until shallots are softened and rice is lightly toasted, 2-3 minutes. Stir in **1¼ cups water** and **½ teaspoon salt**; bring to a boil over high heat. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Remove from heat; add **currants**.



5. Make salad

Coarsely chop **almonds**. Add to bowl with **sliced shallots** along with **arugula**; toss to combine.



3. Prep fish & curry butter

Pat **fish** dry and season all over with **salt** and **pepper**. Transfer to prepared baking sheet, skin-side down.

In a small skillet, melt **2 tablespoons butter** over medium heat. Add **chopped garlic, ginger, 2 teaspoons curry powder, and a pinch of salt**. Simmer until fragrant and golden, 1 minute.



6. Finish & serve

Fluff **rice** with a fork.

Serve **curry butter barramundi** with **mint leaves** torn over top, and with **rice** and **arugula salad** alongside. Enjoy!