



## 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

- 2 Yukon gold potatoes
- 1 shallot
- garlic
- 1 lemon
- ¼ oz fresh parsley
- 10 oz pkg barramundi <sup>4</sup>
- 1 oz capers <sup>17</sup>
- 5 oz arugula

## What you need

- olive oil
- kosher salt & ground pepper
- neutral oil
- ¼ cup unsalted butter <sup>7</sup>

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

## Nutrition per serving

Calories 700kcal, Fat 48g, Carbs 43g, 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!