



Fast! Curry Butter Barramundi

with Brown Rice Pilaf & Arugula Salad

 50min  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 brown 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 brown rice
- ½ oz dried currants
- 10 oz pkg barramundi ⁴
- ¼ oz curry powder
- 1 oz salted almonds ¹⁵
- ¼ oz fresh mint
- 5 oz arugula

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
- small 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 38g, Carbs 74g, Protein 39g



1. Prep ingredients

Preheat oven to 350°F with a rack in the center. Line a rimmed baking sheet with foil. Bring a small saucepan of **salted water** to a boil over high heat.

Thinly slice **shallot**; 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.



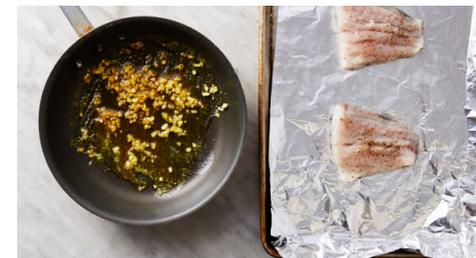
2. Cook brown rice

To boiling water, add **rice** and boil (like pasta!), stirring occasionally, until just tender, 35-40 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat. Add **currants**; cover to keep warm.



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 shallots, chopped garlic, ginger, 2 teaspoons curry powder, and a pinch of salt**. Simmer until fragrant and golden, 1 minute.



6. Finish & serve

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