

MARLEY SPOON



Fast! Curry Butter Barramundi

with Quinoa 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 quinoa 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 piece fresh ginger
- 3 oz white quinoa
- ½ oz dried currants
- 10 oz pkg barramundi ¹
- ¼ oz curry powder
- 1 oz roasted almonds ³
- 1 bag arugula
- ¼ oz fresh mint

What you need

- olive oil
- balsamic vinegar (or vinegar of your choice)
- kosher salt & ground pepper
- sugar
- butter ²

Tools

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

Allergens

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

Nutrition per serving

Calories 680kcal, Fat 39g, Carbs 48g, Protein 40g



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.

THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

2. Cook quinoa

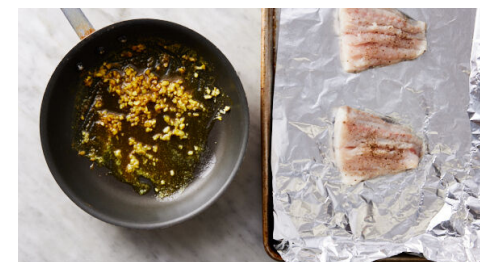
Heat **2 teaspoons oil** in a medium saucepan over medium-high. Add **chopped shallots** and **quinoa**; cook, stirring, until shallots are softened and quinoa is golden brown, 2-3 minutes. Stir in **¾ cup water** and **½ teaspoon salt**, cover and bring to a boil.

Reduce heat to low; cook until tender and water is absorbed, 15-20 minutes. Add **currants**; keep covered off heat.



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 **quinoa** with a fork.

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