martha stewart & MARLEY SPOON

20-Min: Hot Honey-Glazed Barramundi

with Peach & Tomato Salad

ca. 20min 2 Servings

Fish with salad is one of the healthiest dinner choices, but there's no excuse for blandness. We infuse honey with gochugaru chili flakes to make a hot honey that elevates this meal to new heights. Fresh peaches cook along with meaty barramundi filets, which has a crisp skin that balances the juicy fruit. A lemony basil vinaigrette dresses the peppery arugula salad, along with fresh tomatoes, peaches, and shaved Parmesan.

What we send

- 2 (½ oz) honey
- ¼ oz gochugaru flakes
- 1 lemon
- 2 oz basil pesto [7]
- 1 peach
- 1 vine-ripened tomato
- ¾ oz Parmesan [7]
- 10 oz pkg barramundi [4]
- 3 oz arugula

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microwave
- microplane or grater
- medium nonstick ovenproof skillet

Allergens

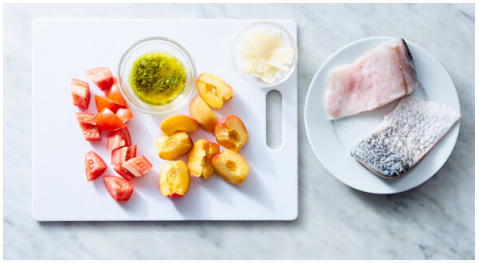
Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 520kcal, Fat 33g, Carbs 23g, Protein 35g

1. Infuse honey

In a small bowl, microwave **all of the honey, half of the gochugaru flakes**, and **½ teaspoon water** until lightly bubbling, about 30 seconds. Set aside until step 4.



2. Prep ingredients

Into a large bowl, zest and juice **half of the lemon**. Whisk in **pesto** and **1 tablespoon oil**. Set aside until step 5.

Halve **peach** and discard pit. Cut **tomato** into ¾-inch thick wedges. Using a vegetable peeler or knife, shave **Parmesan**. Pat **barramundi** dry, then season all over with **salt** and **pepper**.

3. Cook fish

Preheat broiler with a rack in the upper third.

Heat **1 tablespoon oil** in a medium nonstick ovenproof skillet over medium-high. Add **fish**, skin-side down; firmly press down with back of a spatula, 10 seconds. Cook until skin is golden brown, 3–4 minutes.

Meanwhile, season **peaches** with **salt** and **pepper**.

4. Broil fish & peaches

Remove skillet from heat and add **peaches**, cut-side up. Brush tops of **barramundi** and peaches with **hot honey**.

Broil on upper oven rack until fish is cooked through and lightly browned and peaches are softened and browned in spots, 3–5 minutes. Flip fish; broil until skin is puffed and crisped, 30–60 seconds (watch closely as broilers vary).

5. Assemble

Add **arugula** to bowl with **basil vinaigrette**; toss and season to taste with **salt** and **pepper**. Cut **peaches** into wedges. Season **tomatoes** with **salt** and **pepper**.

Serve **arugula** with **fish, peaches, tomatoes**, and **Parmesan** over top. Cut **remaining lemon** into wedges and serve alongside.

6. Serve

Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)
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