



Teriyaki Barramundi

with Honey-Miso Glazed Roasted Vegetables



40-50min



2 Servings

Sweet, salty, and exceptionally savory, teriyaki has been a popular Japanese cooking technique for centuries. Here, we glaze meaty barramundi filets with teriyaki sauce and roast the fish until tender and flaky. A trio of hearty vegetables in a miso-honey glaze roasts alongside until the tender veggies glisten on the plate. A sprinkling of sesame seeds garnishes this rich and deeply flavorsome dinner.

What we send

- 1 carrot
- ½ lb Brussels sprouts
- 1 bag radishes
- 1 pkt miso paste ⁶
- ½ oz honey
- 1 oz mirin
- 10 oz pkg barramundi ⁴
- 2 oz teriyaki sauce ^{1,6}
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- parchment paper
- rimmed baking sheet
- medium nonstick ovenproof skillet

Allergens

Wheat (1), Fish (4), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 460kcal, Fat 23g, Carbs 32g, Protein 35g



1. Prep ingredients

Preheat oven to 450°F with racks in the upper and lower thirds. Cut **carrot** on an angle into ¼-inch thick slices. Trim **Brussels sprouts**, remove any tough outer leaves if necessary, then halve (or quarter, if large). Halve **radishes** lengthwise.



2. Roast vegetables

On a parchment-lined rimmed baking sheet, toss **vegetables** with **1 tablespoon oil** and season lightly with **salt** and **pepper**; position vegetables cut side down. Roast on lower rack until tender and browned in spots, about 20-25 minutes.

In a small bowl, whisk together **miso paste**, **honey**, and **mirin**. Once vegetables are tender, pour **glaze** over top and carefully toss to coat.



3. Brown fish

Rinse **fish** and pat dry; season lightly with **salt** and **pepper**. In a medium nonstick ovenproof skillet, heat **1 tablespoon oil** over medium-high until just smoking. Place fish in skillet, flesh side down, and cook until well browned, about 1 minute. Carefully flip fish and cook on skin side for 1 minute.



4. Roast fish

Remove skillet from heat and brush **teriyaki sauce** evenly over **fish**. Roast fish on upper oven rack and **vegetables** on lower oven rack until vegetables are shiny and glazed, and fish is just cooked through and the deepest part of the flesh registers 135-140°F, 4-6 minutes.



5. Finish

Sprinkle **sesame seeds** over **fish** and **vegetables**.



6. Serve

Enjoy!