



Easy Prep! Sheet Pan Barramundi

with Roasted Vegetables



45min



2 Servings

With a variety of vegetables, meaty barramundi filets, and homemade mustard-dill sauce, this meal might appear to require a lot of work, but the mighty sheet pan is here to disprove that! Zucchini, green beans, and potatoes roast alongside the fish while we prepare a simple sauce of fresh dill and Dijon mustard that you'll want to drizzle over everything. A squeeze of fresh lemon is the final bright touch before serving.

What we send

- 1 zucchini
- 2 russet potatoes
- 1 lemon
- ½ lb green beans
- 10 oz pkg barramundi ⁴
- ¼ oz fresh dill
- 1 oz mayonnaise ^{3,6}
- 1 pkt Dijon mustard ¹⁷

What you need

- kosher salt & ground pepper
- olive oil
- garlic

Tools

- rimmed baking sheet
- microplane or grater

Allergens

Egg (3), Fish (4), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 500kcal, Fat 17g, Carbs 53g, Protein 35g



1. Prep ingredients

Preheat oven to 400°F with a rack in the lower third.

Trim **zucchini**, halve lengthwise, and cut into 1-inch half moons. Cut **potatoes** into 1-inch pieces. Cut **lemon** into wedges. Trim **green beans**, if desired.

Pat **barramundi** dry and season all over with **salt** and **pepper**.



4. Roast fish & make sauce

Nestle **fish**, skin side down, between **veggies**; drizzle with **oil**. Roast on lower oven rack until fish is cooked through, about 7 minutes.

Pick **dill fronds** from stems; discard stems. Finely chop half of the dill. Grate **½ teaspoon garlic** into a small bowl. Stir in **chopped dill, mayo, mustard**, and **1 tablespoon water**. Season to taste with **salt** and **pepper**.



2. Roast potatoes

Transfer **potatoes** to a rimmed baking sheet. Drizzle with **oil** and season with **salt** and **pepper**; toss to coat and spread over half of the baking sheet.

Roast on lower oven rack until potatoes start to soften and brown on the bottom, about 15 minutes.



5. Finish

Drizzle **mustard sauce** over **fish** and **veggies**. Garnish with **remaining dill fronds**. Squeeze **lemon wedges** over top, as desired.



3. Add veggies

Add **zucchini** and **green beans** to the other half of baking sheet (careful, it will be hot). Drizzle with **oil** and season with **salt** and **pepper**; toss to coat and spread in an even layer. Return to lower oven rack and roast until veggies start to brown, about 10 minutes.



6. Serve

Enjoy!