



Herb-Crusted Barramundi

with Roasted Veggies & Radish Salad



30-40min



2 Servings

Herbs de Provence and panko breadcrumbs create a crunchy and flavorful topping for barramundi filets in this simple sheetpan dinner. With roasted carrots and green beans alongside, this veggie-forward pescatarian meal is sure to satisfy. While they roast, we chop up a fresh radish salad which brings a zesty crispness to each bite.

What we send

- 1 lemon
- 1 oz capers ¹⁷
- garlic
- 2 carrots
- ½ lb green beans
- 1 oz panko ¹
- ¼ oz herbs de Provence
- 10 oz pkg barramundi ⁴
- 1 radish
- ¼ oz fresh parsley

What you need

- olive oil
- kosher salt & ground pepper
- 2 Tbsp butter, softened ⁷

Tools

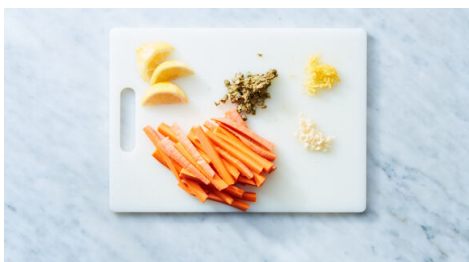
- microplane or grater
- rimmed baking sheet
- small skillet

Allergens

Wheat (1), Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 610kcal, Fat 44g, Carbs 27g, Protein 31g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center.

Zest **half of the lemon**; cut into wedges. Finely chop **capers**. Finely chop **2 teaspoons garlic**. Cut **carrots** into ½-inch thick matchsticks.



4. Cook fish

Pat **fish** dry; rub top of each filet with ½ **tablespoon butter**. Season with **salt** and **pepper**. Sprinkle **panko mixture** over top, pressing to adhere.

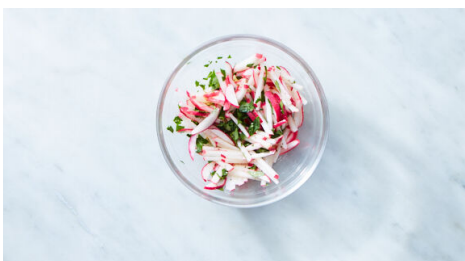
Flip **veggies** and push to one side of baking sheet. Drizzle empty side with **oil** and add fish. Bake on center oven rack until fish is cooked through, about 10 minutes.



2. Roast veggies

On a rimmed baking sheet, toss **carrots** and **green beans** with **3 tablespoons oil**. Season with **salt** and **pepper**.

Roast on center oven rack until just tender and starting to brown, 15–20 minutes.



5. Make radish salad

Thinly slice **radish**, then cut into small matchsticks. Coarsely chop **parsley**.

In a small bowl, stir to combine **radishes**, **half of the parsley**, a **squeeze of lemon**, and **1 tablespoon oil**. Season to taste with **salt** and **pepper**.



3. Make herb topping

Meanwhile, heat **1 tablespoon butter** in a small skillet over medium-high. Add ⅓ **cup panko** and cook, stirring, until toasted, 1–3 minutes.

In a small bowl, combine **toasted panko**, **capers**, **lemon zest**, **half of the chopped garlic**, and **1½ teaspoons herbs de Provence**.



6. Finish & serve

Toss **veggies** with **remaining chopped garlic** and **parsley** directly on baking sheet.

Serve **herb-crusted barramundi** with **radish salad** spooned over top and **roasted veggies** alongside. Serve with **remaining lemon wedges**. Enjoy!