

MARLEY SPOON



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. Sweet and spicy hot honey 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

- 1 lemon
- 2 oz basil pesto ⁷
- 1 peach
- 1 plum tomato
- ¾ oz Parmesan ⁷
- 10 oz pkg barramundi ⁴
- 5 oz arugula
- 2 (½ oz) Mike's Hot Honey

What you need

- olive oil
- kosher salt & ground pepper

Tools

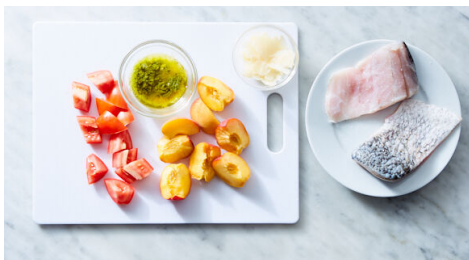
- microwave
- microplane or grater
- medium nonstick ovenproof skillet

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 25g, Protein 36g



1. 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**.



4. Assemble & serve

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. Enjoy!

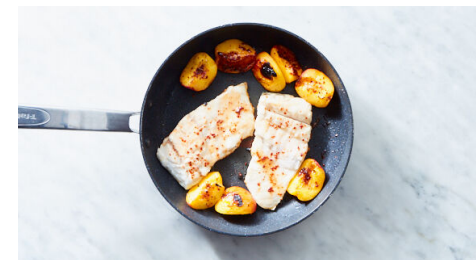


2. Cook fish

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**.



3. 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. ...

Looking for more steps?



6. ...

You won't find them here! Enjoy your Martha Stewart & Marley Spoon meal!