MARLEY SPOON



Fast! Broiled Barramundi

with Mashed Chickpeas & Olive Salsa Verde





ca. 20min 2 Servings

This meal is a powerhouse of delicious nutrients that comes together in only 20 minutes! We serve heart-healthy barramundi alongside roasted broccoli and lemony mashed chickpeas for a double dose of filling fiber. Castelvetrano olives and a touch of lemon zest adds a briny brightness to the herby salsa verde, which lends a ton of flavor to this satisfying dish.

What we send

- 1 shallot
- ¼ oz fresh dill
- 1 oz Castelvetrano olives
- garlic
- 1 lemon
- 10 oz pkg barramundi ⁴
- 15 oz can chickpeas
- ½ lb broccoli

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar

Tools

- microplane or grater
- medium nonstick skillet
- rimmed baking sheet
- potato masher or fork

Allergens

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

Nutrition per serving

Calories 800kcal, Fat 65g, Carbs 57g, Protein 47g



1. Prep ingredients

Preheat broiler with a rack in the upper third.

Halve **shallot** and finely chop one half (save rest for own use). Finely chop **dill**, **olives** (removing any pits, if necessary), and **2 teaspoons garlic**

Into a small bowl, finely grate **1 teaspoon lemon zest**. Cut **remaining lemon** into wedges.

Rinse **fish** and pat very dry; season all over with **salt** and **pepper**.



2. Simmer chickpeas

Heat **1 tablespoon oil** in a medium nonstick skillet over medium. Add **shallots** and **half of the chopped garlic**. Cook until softened, 1-3 minutes. Add **chickpeas and their liquid**; bring to a simmer. Cook, stirring occasionally, over medium-high heat until chickpeas are warmed through and liquid is reduced by half, 2-5 minutes.



3. Broil veggies & fish

Cut **broccoli** into 2-inch florets, if necessary. Toss broccoli with **2 tablespoons oil** and **a pinch each of salt and pepper** directly on one half of a baking sheet. Drizzle empty half with **oil** and add **barramundi**, skin side down; drizzle with **oil**. Transfer to broiler and broil until broccoli is charred and fish is cooked through, 8–10 minutes (watch closely as broilers vary).



4. Make gremolata

To bowl with lemon zest, stir in dill, olives, remaining chopped garlic, ¼ cup oil, and 1 tablespoon vinegar.
Season to taste with salt and pepper



5. Finish

Coarsely mash **chickpeas** with a potato masher or fork (they should still have texture). Stir in **a squeeze of lemon** (about 1 teaspoon) and season to taste with **salt** and **pepper**. Spoon onto plates and top with **broccoli** and **fish**. Spoon **gremolata** over the fish and serve with **extra lemon wedges** on the side.



6. Serve

Enjoy!