

Sautéed Barramundi

with Tikka Masala Spiced Squash with Golden Raisins & Cashews

Indian seafood dishes are some of our favorites, and this plate is right up there. Flaky, sautéed barramundi is served with tikka masala seasoned squash, then topped with golden raisins and crunchy cashews — sweet and savory in every bite!

Ingredients

- Barramundi fillets – 115 cal **F**
- Zucchini – 15 cal
- Yellow squash – 15 cal
- Tikka masala spice – 15 cal
- Ginger garlic scallion confit – 40 cal
- Greek yogurt – 30 cal **M**
- Toasted cashews – 80 cal
- Golden raisins – 45 cal
- Cilantro – 0 cal
- Butter – 25 cal **M**
- Lemon – 10 cal

Allergens

F Fish **M** Milk **T** Tree nuts (optional)

Supplies to Gather

- Nonstick saute pan (10 inches or larger)
- Small bowl
- Small microwave-safe bowl
- Kitchen knife & cutting board
- Spatula
- Cooking spoon
- Paper towels
- Salt & pepper
- Cooking oil



390

Calories
Per Serving

17g

Total
Fat

37g

Total
Protein

30g

Total
Carbohydrates

4g

Dietary
Fiber



Lean &
Clean



Step 1

- Rinse and pat dry your fresh produce.
- Slice the **zucchini** and **yellow squash** crosswise into ½-inch-thick rounds.
- Roughly chop the **cilantro**.
- Slice the **lemon** into wedges.
- Place the **golden raisins** into a small bowl and cover with hot water to soften.
- Place the **butter** into a small microwave-safe bowl and microwave in 10-sec increments until the butter is mostly melted. Add the **ginger garlic scallion confit** and **tikka masala spice** to the butter and stir to combine well.



Step 2

- Place the **barramundi fillets** onto paper towels and pat dry. Season both sides with salt and pepper.
- Place a large nonstick sauté pan onto the stovetop, add 1-2 tbsp. of cooking oil, and set the heat to **medium-high**. When the oil is hot, **carefully** place the barramundi fillets skin-side down into the pan. Use a spatula to gently press the fillets into the pan to keep from curling. Cook for 3-4 min, without moving, to crisp and brown the skin.
- Use the spatula to gently turn over the fillets and cook for 2-3 additional min. **Turn off the heat** and set the barramundi fillets aside for plating.

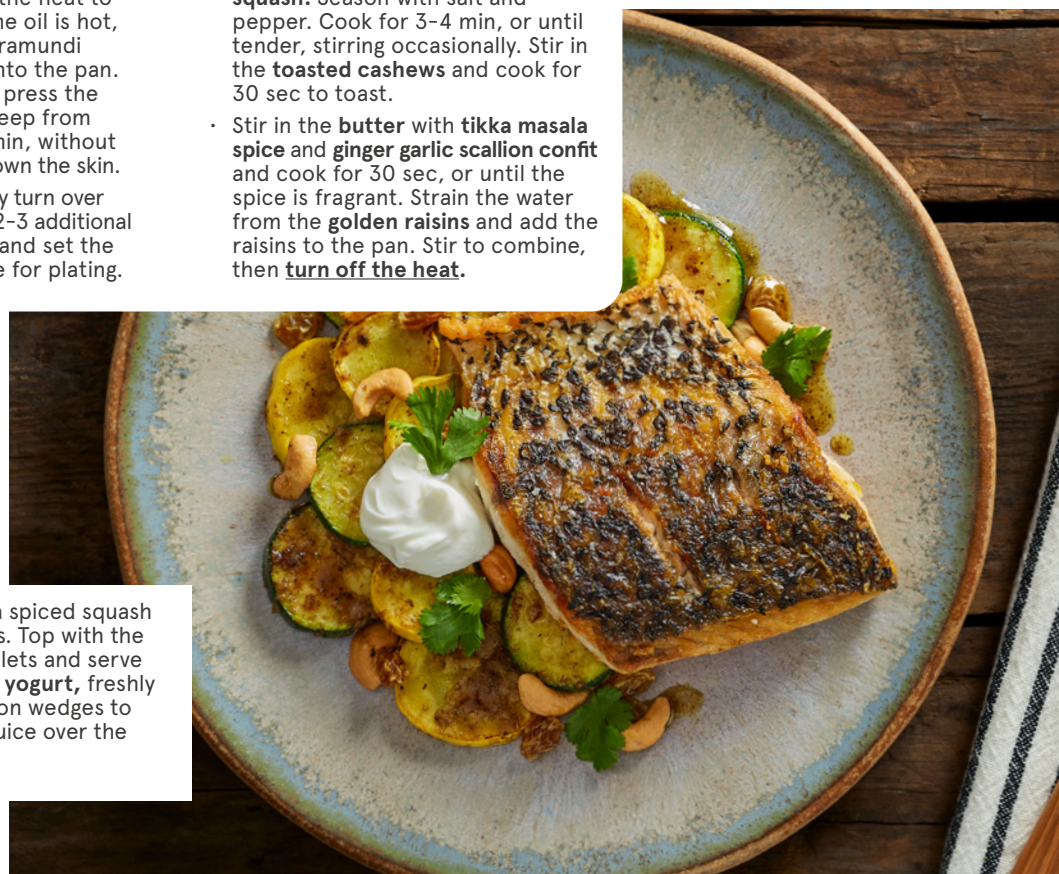


Step 3

- Return the pan to the stovetop, add 1 tbsp. of cooking oil, and set the heat to **medium-high**.
- When the oil is hot, **carefully** add the sliced **zucchini** and **yellow squash**. Season with salt and pepper. Cook for 3-4 min, or until tender, stirring occasionally. Stir in the **toasted cashews** and cook for 30 sec to toast.
- Stir in the **butter** with **tikka masala spice** and **ginger garlic scallion confit** and cook for 30 sec, or until the spice is fragrant. Strain the water from the **golden raisins** and add the raisins to the pan. Stir to combine, then **turn off the heat**.

Let's Plate!

- Divide the tikka masala spiced squash between serving plates. Top with the sautéed barramundi fillets and serve with a dollop of **Greek yogurt**, freshly torn **cilantro**, and lemon wedges to squeeze fresh lemon juice over the dish as desired.



► Please Note:

Cooking times may vary due to different appliances and temperatures.

Adjust cooking times accordingly.

When adding ingredients to a hot pan **always be careful of any oil splatter.**