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Ginger & Soy Barramundi Papillotes with Asian Greens

Unwrapping this present full of delicious aromas and gorgeous Australian barramundi is just like Christmas. Well, it's like Christmas but everything is edible. You're going to love it is what we're trying to say.



Prep: 10 mins Cook: 25 mins Total: 35 mins



level 2



seafood





Ginger



Long Chilli



Lemon



Barramundi



Carrot



Coriander



Rice





Bok Choy

2P	4P	Ingredients	
1 tbs	2 tbs	soy sauce *	
1 knob	2 knobs	ginger, peeled & finely grated	
1 tsp	2 tsp	fish sauce *	
1	2	long chilli, sliced	
1 tsp	2 tsp	brown sugar *	
1	2	lemon, juiced	⊕
2 fillets	4 fillets	barramundi	
1	2	carrot, peeled & cut into matchsticks	A 🕀
120 g	240 g	white rice	
1 ½ cups	3 cups	water *	
1 bunch	2 bunches	bok choy, halved	
Garnish		coriander leaves	

#	May feature in
	another recipe

* Good to have at home

Nutrition per serving

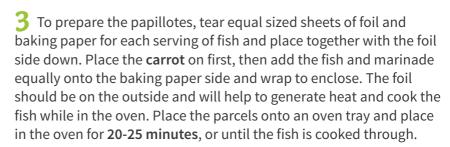
Energy	1170	Kj
Protein	36.4	g
Fat, total	2.5	g
-saturated	0.7	g
Carbohydrate	24.6	g
-sugars	8	g
Sodium	613	mg

Measuretool

) cm	1cm	2 cm



- 1 Preheat the oven to 200°C/180°C fan-forced.
- 2 Combine the soy sauce, ginger, fish sauce, chilli, brown sugar, and lemon juice in a small bowl. Add the barramundi fillets and toss to coat well in the marinade.





4 Meanwhile, place the rice into a sieve and rinse it with cold tap water. The water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Bring a large pot of salted water to the boil. Add the rice and cook it for 10-12 minutes or until soft. Add the bok choy in the last 2 minutes.



5 To serve, divide the fish parcels between plates. Open the parcels slightly and garnish with the fresh **coriander**. Serve with the cooked rice and bok choy.



Did you know? After ginger was first introduced in Europe (approximately 800 AD) it ranked second to pepper as a spice for centuries.