HelloFresh

Everything
But The Chef

HelloFresh.com.au

hello@hellofresh.com.au | 02 81 888 722

WK25
2015

Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on 📘 🐦 📷 with #HelloFreshAU

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 first

4 *pantry items*

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

0 cm   1 cm   2 cm

1 Preheat the oven to **200ºC**/**180ºC** 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.

3 To prepare the papillotes, tear equal sized sheets of foil and baking paper for each serving of fish and place together with the foil side down. Place the **carrot** on first, then add the fish and marinade equally onto the baking paper side and wrap to enclose. The foil should be on the outside and will help to generate heat and cook the fish while in the oven. Place the parcels onto an oven tray and place in the oven for **20-25 minutes**, or until the fish is cooked through.

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.