HELLO FRESH

Japanese-Style Barramundi & Baby Broccoli
with Garlic Rice & Creamy Sesame Dressing

Garlic

Jasmine Rice

Carrot

Baby Broccoli

Asian Greens

Brown Onion

Barramundi

Sesame Dressing

Salmon

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me First

Complete with crisp and colourful garlic-soy veggies, and a bed of fragrant jasmine rice to soak up all the beautiful flavours, fish fans will be all for this seared barramundi bowl.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Soy Sauce

SUH

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
baby broccoli	1 bunch	2 bunches
Asian greens	1 bunch	2 bunches
brown onion	½	1
soy sauce*	1 tsp	2 tsp
barramundi	1 medium packet	1 large packet
sesame dressing	1 medium packet	1 large packet
salmon**	1 small packet	1 large packet

*Pantry Items *******Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3057kJ (731Cal)	554kJ (132Cal)
Protein (g)	38g	6.9g
Fat, total (g)	29.7g	5.4g
- saturated (g)	9.5g	1.7g
Carbohydrate (g)	74.3g	13.5g
- sugars (g)	10.3g	1.9g
Sodium (mg)	498mg	90mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3524kJ (842Cal)	639kJ (153Cal)
Protein (g)	40.3g	7.3g
Fat, total (g)	40.5g	7.3g
- saturated (g)	10.9g	2g
Carbohydrate (g)	75.5g	13.7g
- sugars (g)	10.3g	1.9g
Sodium (mg)	466mg	84mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.
Visit **hellofresh.com.au/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1

Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: *The rice will finish cooking in its own steam, so don't peek!*

2

Prep the veggies

- While rice is cooking, thinly slice **carrot** into half-moons.
- Trim **baby broccoli** and cut into thirds.
- Roughly chop **Asian greens**.
- Thinly slice **brown onion (see ingredients)**.

3

Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot**, **baby broccoli** and **onion**, tossing, until tender, **4-5 minutes**.

4

Flavour the veggies

- To frying pan, add **Asian greens**, remaining **garlic** and the **soy sauce**. Cook until fragrant and wilted, **1-2 minutes**.
- Season with **salt** and **pepper**. Transfer **veggies** to a plate. Cover to keep warm.

5

Cook the barramundi

- Return pan to medium-high heat with a drizzle of **olive oil**. Pat **barramundi** dry with paper towel and season both sides.
- When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **5-6 minutes** each side (depending on thickness).

TIP: *Patting the skin dry helps it crisp up in the pan!*
TIP: *Barramundi is cooked through when it turns from translucent to white.*

Custom Recipe: If you've swapped to salmon, return pan to medium-high heat with a drizzle of olive oil. Pat salmon dry with paper towel and season both sides. When oil is hot, cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side.

6

Serve up

- Divide Japanese-style barramundi, veggies and rice between plates.
- Drizzle with **sesame dressing** to serve. Enjoy!

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