



# Salt & Pepper Barramundi

with Asian Greens, Soy-Ginger Sauce & Rice

TAKEAWAY FAVES



Grab your Meal Kit with this symbol



Jasmine Rice



Asian Greens



Spring Onion



Barramundi



Black Peppercorns



Cornflour



Ginger Paste



Chicken Breast

Prep in: 25-35 mins  
Ready in: 30-40 mins

Calorie Smart

Eat Me First

With its firm texture and slightly buttery flavour, barramundi stands up perfectly to the S&P coating in this Asian-style dish. Team with leafy Asian greens and a zingy sauce, plus jasmine rice to soak it all up.

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

### Pantry items

Olive Oil, Butter, Soy Sauce, Honey

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
Asian greens	1 bag	2 bags
spring onion	1 stem	2 stems
barramundi	1 small packet	2 small packets OR 1 large packet
black peppercorns	1 large sachet	2 large sachets
cornflour	1 medium packet	1 large packet
<b>salt*</b>	¼ tsp	½ tsp
<b>soy sauce*</b>	2 tbs	¼ cup
<b>honey*</b>	1 tbs	2 tbs
ginger paste	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2632kJ (629Cal)	725kJ (173Cal)
Protein (g)	33.7g	9.3g
Fat, total (g)	17.7g	4.9g
- saturated (g)	7.7g	2.1g
Carbohydrate (g)	79.5g	21.9g
- sugars (g)	7.7g	2.1g
Sodium (mg)	1075mg	296mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2685kJ (642Cal)	692kJ (165Cal)
Protein (g)	40.4g	10.4g
Fat, total (g)	16g	4.1g
- saturated (g)	7.4g	1.9g
Carbohydrate (g)	79.2g	20.4g
- sugars (g)	7.7g	2g
Sodium (mg)	1102mg	284mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

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## Cook the rice

- Add the **water** to a medium saucepan and bring to the boil. Add **jasmine rice** and a pinch of **salt**.
- Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from heat.
- Keep covered until rice is tender and the water is absorbed, **10-15 minutes**. Stir the **butter** through the **rice**.

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



## Cook the barramundi

- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, shake excess flour off **barramundi**, then cook **barramundi**, turning occasionally, until golden and just cooked through, **4-6 minutes**.

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.



## Get prepped

- While the rice is cooking, roughly chop **Asian greens**. Thinly slice **spring onion**. Cut **barramundi** into 2cm chunks. Crush **black peppercorns** with a pestle and mortar, or in their sachet using a rolling pin.
- In a medium bowl, combine **cornflour**, **crushed peppercorns** and the **salt**. Add **barramundi**, tossing to coat.
- In a small bowl, combine the **soy sauce**, the **honey** and **ginger paste**.

**TIP:** Remove barramundi skin with a sharp knife before combining with cornflour, if you prefer!

**Custom Recipe:** If you've swapped to chicken breast, cut chicken into 2cm chunks. Add chicken to spice mixture as above, tossing to coat.



## Bring it all together

- Return **Asian greens** to pan. Add **soy-ginger mixture** and **cook**, tossing to coat, until heated through, **30 seconds**.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **Asian greens**, tossing, until fragrant and wilted, **1-2 minutes**.
- Transfer to a bowl and cover to keep warm.



## Serve up

- Divide rice between bowls. Top with salt and pepper barramundi, spooning over any remaining soy-ginger sauce from the pan.
- Sprinkle with spring onion to serve. Enjoy!

## Rate your recipe

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