



Easy-Prep Soy & Ginger Barramundi

with Roast Veggie Salad

Grab your Meal Kit with this symbol



Potato, Carrot & Zucchini Mix



Ginger Paste



Garlic Paste



Barramundi



Baby Spinach Leaves



Mayonnaise



Barramundi

Prep in: 10-20 mins
Ready in: 30-40 mins

Carb Smart

Take barramundi to the next level with a simple-but-super soy-ginger style marinade. Serve with a warm roast veggie salad and you have yourself a lovely low carb dish!

Eat Me First

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

Pantry items

Olive Oil, Soy Sauce, Brown Sugar, White Wine Vinegar

SUK

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato, carrot & zucchini mix	1 medium bag	1 large bag
ginger paste	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
white wine vinegar*	drizzle	drizzle
barramundi	1 small packet	2 small packets OR 1 large packet
baby spinach leaves	1 medium bag	1 large bag
mayonnaise	1 medium packet	1 large packet
barramundi**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1868kJ (446Cal)	317kJ (76Cal)
Protein (g)	34.1g	5.8g
Fat, total (g)	20.2g	3.4g
- saturated (g)	3g	0.5g
Carbohydrate (g)	30.8g	5.2g
- sugars (g)	12.9g	2.2g
Sodium (mg)	721mg	122mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2586kJ (618Cal)	354kJ (85Cal)
Protein (g)	60.1g	8.2g
Fat, total (g)	27.8g	3.8g
- saturated (g)	5.1g	0.7g
Carbohydrate (g)	31.1g	4.3g
- sugars (g)	12.9g	1.8g
Sodium (mg)	785mg	108mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Place **potato, carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

3



Cook the barramundi

- When veggies have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Pat **barramundi** dry with a paper towel and season both sides.
- When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **3-4 minutes** each side (depending on thickness).
- Remove pan from heat. Add **soy-ginger mixture**, carefully turning **barramundi**, until well coated.

TIP: Barramundi is cooked through when it turns from translucent to white.

Custom Recipe: If you've doubled your barramundi, prepare as above and cook in batches for the best results.

2



Get prepped

- Meanwhile, in a small bowl, combine **ginger paste**, **garlic paste**, the **soy sauce**, the **brown sugar** and a drizzle of the **white wine vinegar**.

4



Serve up

- To tray with roast veggies, add **baby spinach leaves** and **mayonnaise**. Toss to combine. Season to taste.
- Divide soy and ginger barramundi and roast veggie salad between plates.
- Spoon any remaining pan juices over barramundi to serve. Enjoy!

TIP: Toss the veggies on the oven tray to save on washing up!

Rate your recipe

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