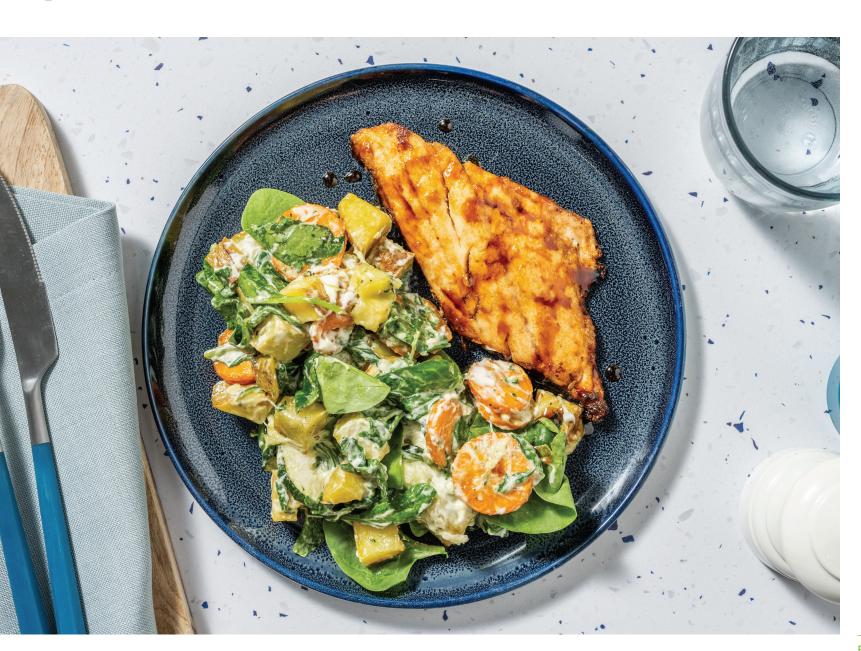


Easy-Prep Soy & Ginger Barramundi with Roast Veggie Salad

Grab your Meal Kit with this symbol











& Zucchini Mix

Ginger Paste





Garlic Paste

Barramundi





Baby Spinach Leaves

Mayonnaise



Pantry items

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

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

Eat Me First



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!



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

9				
	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		
	drizzle 1 small packet	drizzle 2 small packets OR 1 large packet		
vinegar*		2 small packets		
vinegar* barramundi baby spinach	1 small packet	2 small packets OR 1 large packet		
vinegar* barramundi baby spinach leaves	1 small packet 1 medium bag	2 small packets OR 1 large packet 1 large bag		

*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!

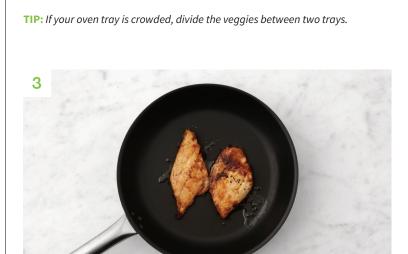
Scan here if you have any questions or concerns





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.



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.



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.



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!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

