

Sichuan-Glazed Barramundi

with Garlic Rice & Asian Greens

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Asian Greens



Green Beans



Sichuan Garlic Paste




Barramundi



Beef Rump

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

 Eat Me First

We've dialled down the heat found in traditional Sichuan cooking but kept the tasty garlic and umami flavours, creating a crowd-pleasing sauce that makes succulent barramundi shine.

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

Pantry items

Olive Oil, Butter, Soy Sauce

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
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
carrot	1	2
Asian greens	1 bag	2 bags
green beans	1 small bag	1 medium bag
Sichuan garlic paste	1 packet	2 packets
soy sauce*	½ tbs	1 tbs
water* (for the sauce)	1 tbs	2 tbs
barramundi	1 small packet	2 small packets OR 1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2871kJ (686Cal)	600kJ (143Cal)
Protein (g)	34g	7.1g
Fat, total (g)	25.1g	5.2g
- saturated (g)	9.1g	1.9g
Carbohydrate (g)	77.1g	16.1g
- sugars (g)	14.7g	3.1g
Sodium (mg)	1050mg	220mg
Dietary Fibre (g)	12.4g	2.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2919kJ (698Cal)	558kJ (133Cal)
Protein (g)	39.6g	7.6g
Fat, total (g)	22.9g	4.4g
- saturated (g)	8.2g	1.6g
Carbohydrate (g)	79.4g	15.2g
- sugars (g)	16.9g	3.2g
Sodium (mg)	1084mg	207mg

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



Cook the garlic rice

1. Finely chop **garlic**.
2. In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
3. Add **basmati rice**, the **water (for the rice)** and a pinch of **salt**. Bring to the boil, then reduce heat to low and cover with a lid.
4. Cook for **10 minutes**, then remove from heat. Keep covered until rice is tender and the water is absorbed, **10 minutes**.

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



Cook the barramundi

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

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking.



Get prepped

1. Meanwhile, cut **carrot** into half-moons. Roughly chop **Asian greens**. Trim and halve **green beans**.
2. In a small bowl, combine **Sichuan garlic paste**, the **soy sauce** and **water (for the sauce)**.

Custom Recipe: If you've swapped to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season beef with salt and pepper.



Glaze the barramundi

1. Remove pan from heat. Add **Sichuan garlic mixture** and gently turn **barramundi** to coat.

Custom Recipe: Remove pan from heat. Add Sichuan garlic mixture and turn beef rump to coat. Transfer to a plate to rest for 5 minutes.



Cook the veggies

1. Heat a large frying pan over medium-high heat. Add **green beans** and **carrot** and cook, tossing, until tender, **4-5 minutes**.
2. Add **Asian greens** and remaining **garlic** and cook until wilted and fragrant, **1-2 minutes**. Transfer to a bowl and cover to keep warm.



Serve up

1. Divide garlic rice between bowls.
2. Top with Sichuan-glazed barramundi and garlic greens.
3. Spoon over any extra glaze from the pan to serve. Enjoy!

Custom Recipe: Slice steak before serving.

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