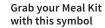
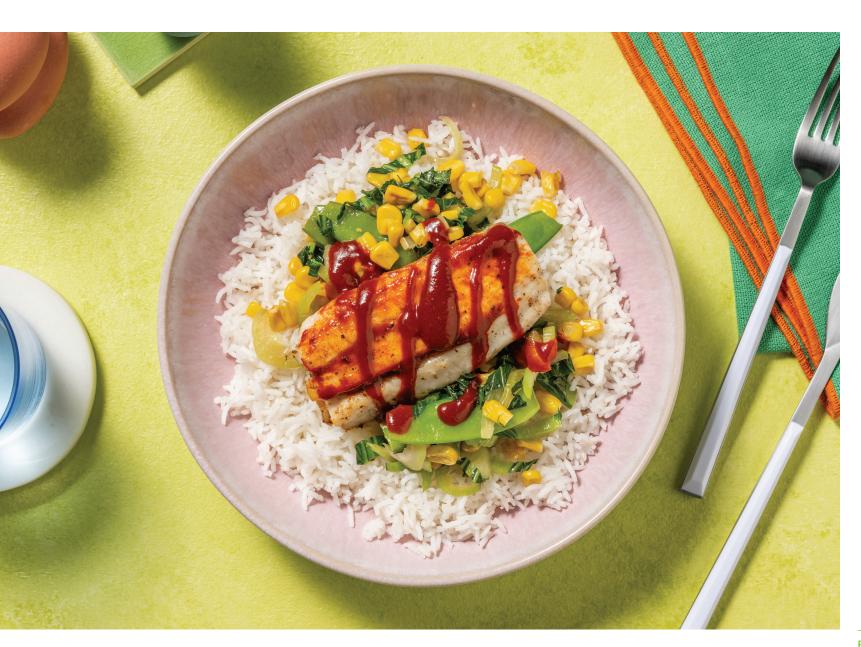


# Sichuan-Glazed Barramundi

with Pre-Cut Veggie Toss













Asian Stir-Fry Mix



Garlic Paste



Barramundi



Prep in: 15-25 mins Ready in: 20-30 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.

**Pantry items** Olive Oil, 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

in ign danor ido				
2 People	4 People			
refer to method	refer to method			
1 medium packet	1 large packet			
1 packet	2 packets			
½ tbs	1 tbs			
1 tbs	2 tbs			
1 medium bag	1 large bag			
1 packet	2 packets			
1 small packet	2 small packets OR 1 large packet			
1 small packet	2 small packets OR 1 large packet			
	2 People refer to method 1 medium packet 1 packet ½ tbs 1 tbs 1 medium bag 1 packet 1 small packet			

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2776kJ (663Cal)	657kJ (157Cal)
Protein (g)	36.6g	8.7g
Fat, total (g)	19.2g	4.5g
- saturated (g)	3.3g	0.8g
Carbohydrate (g)	81.6g	19.3g
- sugars (g)	12.1g	2.9g
Sodium (mg)	1088mg	257mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2732kJ (653Cal)	<b>631kJ</b> (151Cal)
Protein (g)	41.2g	9.5g
Fat, total (g)	15.8g	3.7g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	81.2g	18.8g
- sugars (g)	12.1g	2.8g
Sodium (mg)	1099mg	254mg

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.



#### Cook the rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add basmati rice and a pinch of salt and cook, uncovered, over high heat until tender, 12 minutes. Drain.



### Cook the barramundi

- 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.
- When oil is hot, cook barramundi until just cooked through, 3-4 minutes each side (depending on thickness).
- Remove pan from heat. Add Sichuan garlic mixture and gently turn barramundi to coat.

Custom Recipe: If you've upgraded to beef rump, place beef between 2 sheets of baking paper. Using a rolling pin, pound until slightly flattened to tenderise. Season. When oil is hot, cook beef, turning regularly, for 3-6 minutes or until cooked to your liking (this will give you a medium steak). Remove pan from heat. Add Sichuan garlic mixture and gently turn beef rump to coat. Transfer to a plate, cover and rest for 5 minutes.



# Cook the veggies

- Meanwhile, in a small bowl, combine Sichuan garlic paste, the soy sauce and the water.
- Heat a large frying pan over high heat with a drizzle of olive oil. Cook Asian stir-fry mix, tossing, until tender, 3-4 minutes.
- Add garlic paste and cook until fragrant, 1 minute. Transfer to a bowl.
   Season and cover to keep warm.



# Serve up

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

We're here to help!