



# Sichuan-Glazed Barramundi

with Pre-Cut Veggie Toss

Grab your Meal Kit with this symbol



Basmati Rice



Sichuan Garlic Paste



Asian Stir-Fry Mix



Garlic Paste



Barramundi



Beef Rump

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.

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

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
Sichuan garlic paste	1 packet	2 packets
<b>soy sauce*</b>	½ tbs	1 tbs
<b>water*</b>	1 tbs	2 tbs
Asian stir-fry mix	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
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)	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)	631kJ (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](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!

Scan here if you have any questions or concerns



1



## 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.

3



## 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.

2



## 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.

4



## 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!

## Rate your recipe

Did we make your tastebuds happy?

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