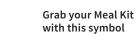


# Quick Sweet & Sour Fish with Veggie Fried Rice & Spring Onion

TAKEAWAY FAVES











Black Peppercorns







Soffritto Mix





Barramundi



Sweet & Sour



Mixed Sesame Seeds



Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me First



usual chicken addition to sweet and sour fish. You can thank us later.

This veggie fried rice is loaded with only the very best quality veg we could find and to change it up, we've switched the



Olive Oil, Egg, Soy Sauce, Plain Flour

#### 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 · Large frying pan

#### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
spring onion	1 stem	2 stems
black peppercorns	1 medium sachet	1 large sachet
trimmed green beans	1 medium bag	1 large bag
soffritto mix	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
egg*	1	2
soy sauce*	1 tbs	2 tbs
barramundi	1 small packet	2 small packets OR 1 large packet
plain flour*	1 tbs	2 tbs
sweet & sour sauce	1 medium packet	2 medium packets
water*	2 tbs	¼ cup
mixed sesame seeds	1 medium sachet	1 large sachet
barramundi**	1 medium packet	2 small packets OR 1 large packet

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

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2680kJ (641Cal)	575kJ (137Cal)
Protein (g)	39.6g	8.5g
Fat, total (g)	15.3g	3.3g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	82.2g	17.6g
- sugars (g)	17.5g	3.8g
Sodium (mg)	1177mg	253mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3399kJ (812Cal)	561kJ (134Cal)
Protein (g)	65.6g	10.8g
Fat, total (g)	22.9g	3.8g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	82.6g	13.6g
- sugars (g)	17.5g	2.9g
Sodium (mg)	1241mg	205mg

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 rice & get prepped

- · Boil the kettle.
- Half-fill a medium saucepan with boiling water. Add basmati rice and a pinch of salt and cook, uncovered, over high heat until tender, 12 minutes. Drain.
- Meanwhile, thinly slice **spring onion**. Crush **black peppercorns** with a pestle and mortar, or in their sachet using a rolling pin.



#### Cook the fish

- Pat barramundi dry with a paper towel. In a medium bowl, combine barramundi, the plain flour, crushed peppercorns and a pinch of salt.
- Wipe out frying pan and return to medium-high heat with a drizzle of olive oil.
- When oil is hot, cook barramundi, skin-side down first, until just cooked through, 5 minutes each side (depending on thickness).
- Meanwhile, in a small heatproof bowl, combine sweet & sour sauce and the water. Microwave in 30-second bursts, until heated through.

**TIP:** Patting the skin dry helps it crisp up in the pan!

**Custom Recipe:** If you've doubled your barramundi, cook in batches for the best results.



## Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook trimmed green beans and soffritto mix, stirring, until tender, 4-5 minutes.
- Reduce heat to medium-high, add spring onion and garlic paste, then crack
  the egg into the pan and scramble until cooked through, 1 minute.
- Add cooked rice and the soy sauce, stirring well to combine. Season with salt and pepper.
- Transfer to serving bowls and cover to keep warm.



### Serve up

- Top veggie fried rice with barramundi and spoon over sweet and sour sauce.
- Garnish with **mixed sesame seeds** to serve. Enjoy!



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