



# Quick Sweet & Sour Fish

with Veggie Fried Rice & Spring Onion

TAKEAWAY FAVES



Grab your Meal Kit with this symbol



Basmati Rice



Spring Onion



Black Peppercorns



Trimmed Green Beans



Soffritto Mix



Garlic Paste



Barramundi



Sweet & Sour Sauce



Mixed Sesame Seeds



Barramundi

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



Calorie Smart\*  
*\*Custom recipe is not Calorie Smart*

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

Eat Me First

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

### Pantry items

Olive Oil, Egg, Soy Sauce, Plain Flour

SUK



## 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
<b>olive oil*</b>	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
<b>egg*</b>	1	2
<b>soy sauce*</b>	1 tbs	2 tbs
barramundi	1 small packet	2 small packets OR 1 large packet
<b>plain flour*</b>	1 tbs	2 tbs
sweet & sour sauce	1 medium packet	2 medium packets
<b>water*</b>	2 tbs	¼ cup
mixed sesame seeds	1 medium sachet	1 large sachet
barramundi**	1 medium packet	2 small packets OR 1 large packet

\*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](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 & 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.

3



## 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.

2



## 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.

4



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)