



Sweet & Sour Barramundi

with Veggie Fried Rice & Spring Onion

TAKEAWAY FAVES

NEW

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Garlic



Green Beans



Spring Onion



Black Peppercorns



Barramundi



Sweet & Sour Sauce



Mixed Sesame Seeds



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me First

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 barramundi. You can thank us later.

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

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
carrot	1	2
garlic	2 cloves	4 cloves
green beans	1 small bag	1 medium bag
spring onion	1 stem	2 stems
black peppercorns	1 medium sachet	1 large sachet
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
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2561kJ (612Cal)	594kJ (142Cal)
Protein (g)	38.1g	8.8g
Fat, total (g)	13.1g	3g
- saturated (g)	3.7g	0.9g
Carbohydrate (g)	82.2g	19.1g
- sugars (g)	17.9g	4.1g
Sodium (mg)	1114mg	258mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2646kJ (632Cal)	580kJ (139Cal)
Protein (g)	46.8g	10.3g
Fat, total (g)	11.5g	2.5g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	82.2g	18g
- sugars (g)	17.9g	3.9g
Sodium (mg)	1139mg	250mg

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

- 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.



Cook the barramundi

- 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).

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

Custom Recipe: If you've swapped to chicken breast, cut into 2cm chunks. In a medium bowl, combine chicken, the plain flour, crushed peppercorns and a pinch of salt. Wipe out the frying pan and return to medium-high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing until browned and cooked through (when no longer pink inside), 5-6 minutes.



Get prepped

- Meanwhile, finely chop **carrot** and **garlic**.
- Trim and roughly chop **green beans**.
- Thinly slice **spring onion**.
- Crush **black peppercorns** with a pestle and mortar, or in their sachet using a rolling pin.



Make the sauce

- Meanwhile, in a small heatproof bowl, combine **sweet and sour sauce** and the **water**. Microwave in **30 second** bursts, until heated through.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans** and **carrot**, tossing, until tender, **3-4 minutes**.
- Add **spring onion** and **garlic**, 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 rice bowls with barramundi and spoon over sweet and sour sauce.
- Garnish with **mixed sesame seeds** to serve. Enjoy!

Rate your recipe

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