



# Sichuan-Glazed Barramundi

with Garlic Rice & Veggies

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Asian Greens



Green Beans



Sichuan Garlic Paste



Barramundi



Beef Rump

Prep in: 20-30 mins  
Ready in: 30-40 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, Butter, 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
garlic	3 cloves	6 cloves
<b>butter*</b>	20g	40g
<b>water*</b> (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
Asian greens	1 bag	2 bags
green beans	1 small bag	1 medium bag
Sichuan garlic paste	1 packet	2 packets
<b>soy sauce*</b>	½ tbs	1 tbs
<b>water*</b> (for the sauce)	1 tbs	2 tbs
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)	2871kJ (686Cal)	600kJ (143Cal)
Protein (g)	34g	7.1g
Fat, total (g)	25.1g	5.2g
- saturated (g)	9.1g	1.9g
Carbohydrate (g)	77.1g	16.1g
- sugars (g)	14.7g	3.1g
Sodium (mg)	1050mg	220mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2878kJ (688Cal)	590kJ (141Cal)
Protein (g)	39.4g	8.1g
Fat, total (g)	22.9g	4.7g
- saturated (g)	8.2g	1.7g
Carbohydrate (g)	77.1g	15.8g
- sugars (g)	14.7g	3g
Sodium (mg)	1067mg	219mg

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



## Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat.
- Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and the water is absorbed, **12 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



## Cook the barramundi

- Return pan to medium-high heat with a drizzle of **olive oil**. Season **barramundi** on both sides with **salt** and **pepper**. When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **5-6 minutes** each side (depending on thickness).

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking.



## Prep the veggies

- Meanwhile, cut **carrot** into half-moons. Roughly chop **Asian greens**. Trim and halve **green beans**.
- In a small bowl, combine **Sichuan garlic paste**, the **soy sauce** and the **water (for the sauce)**.

**Custom Recipe:** If you've swapped to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season beef with salt and pepper.



## Glaze the barramundi

- Remove pan from heat. Add **Sichuan garlic mixture** and gently turn **barramundi** to coat.

**Custom Recipe:** Remove pan from heat. Add Sichuan garlic mixture and turn beef rump to coat. Transfer to a plate to rest for 5 minutes.



## Cook the veggies

- Heat a large frying pan over medium-high heat. Add **green beans** and **carrot** and cook, tossing, until tender, **4-5 minutes**.
- Add **Asian greens** and remaining **garlic** and cook until wilted and fragrant, **1-2 minutes**. Transfer to a bowl and cover to keep warm.



## Serve up

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

**Custom Recipe:** Slice steak to serve.

## Rate your recipe

Did we make your tastebuds happy?

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