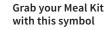
# Sichuan-Glazed Barramundi

with Garlic Rice & Veggies

CLIMATE SUPERSTAR













Carrot



Asian Greens



Green Beans



Sichuan Garlic





Barramundi





Prep in: 20-30 mins Ready in: 30-40 mins

We've dialled down the heat found in traditional Sichuan cooking but kept the tasty garlic and umami flavours,



Eat Me First

creating a crowd-pleasing sauce that makes succulent barramundi shine.

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

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2 People	4 People		
refer to method	refer to method		
3 cloves	6 cloves		
20g	40g		
1¼ cups	2½ cups		
1 medium packet	1 large packet		
1	2		
1 bag	2 bags		
1 small bag	1 medium bag		
1 packet	2 packets		
½ tbs	1 tbs		
1 tbs	2 tbs		
1 small packet	2 small packets OR 1 large packet		
1 small packet	2 small packets OR 1 large packet		
	refer to method 3 cloves 20g 1¼ cups 1 medium packet 1 1 bag 1 small bag 1 packet ½ tbs 1 tbs 1 small packet		

<sup>\*</sup>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)	<b>590kJ</b> (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 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!



### 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.



### 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.



### 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.



### 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.



### 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.

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