



Sichuan-Glazed Barramundi

with Garlic Rice & Veggies

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Asian Stir-Fry Mix



Sichuan Garlic Paste



Barramundi



Salmon

Prep in: **10-20 mins**
Ready in: **25-35 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
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
Asian stir-fry mix	1 medium packet	1 large packet
Sichuan garlic paste	1 packet	2 packets
soy sauce*	½ tbs	1 tbs
water* (for the sauce)	1 tbs	2 tbs
barramundi	1 small packet	2 small packets OR 1 large packet
salmon**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3035kJ (725Cal)	685kJ (164Cal)
Protein (g)	35.9g	8.1g
Fat, total (g)	26.3g	5.9g
- saturated (g)	9.2g	2.1g
Carbohydrate (g)	81.3g	18.4g
- sugars (g)	12.2g	2.8g
Sodium (mg)	1119mg	253mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3624kJ (866Cal)	818kJ (196Cal)
Protein (g)	39.3g	8.9g
Fat, total (g)	40.2g	9.1g
- saturated (g)	10.3g	2.3g
Carbohydrate (g)	82.4g	18.6g
- sugars (g)	12.2g	2.8g
Sodium (mg)	1117mg	252mg

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



1



Cook the garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic paste** until fragrant, **1-2 minutes**. Add the **water** 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 the heat and keep covered until rice is tender and all the water is absorbed, **12 minutes**.

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

3



Cook the fish

- While veggies are cooking, in a small bowl, combine **Sichuan garlic paste**, the **soy sauce** and **water (for the sauce)**.
- Return pan to medium-high heat with a drizzle of **olive oil**. Pat **barramundi** dry with a paper-towel. Season **barramundi** on both sides.
- When oil is hot, cook **barramundi** until just cooked through, **3-4 minutes** each side (depending on thickness).
- Remove pan from heat. Add **Sichuan garlic mixture** and gently turn **barramundi** to coat.

Custom Recipe: If you've swapped to salmon, heat pan as above. Pat salmon dry with paper towel and season both sides (this helps it crisp up in the pan). When oil is hot, cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side. Remove pan from heat and coat salmon as above.

2



Cook the veggies

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **Asian stir-fry mix**, until tender, **3-4 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.

4



Serve up

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

Rate your recipe

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