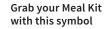


Sichuan-Glazed Barramundi

with Garlic Rice & Veggies













Asian Stir-Fry Mix





Paste



Barramundi



Prep in: 10-20 mins Ready in: 25-35 mins

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



Eat Me First

crowd-pleasing sauce that makes succulent barramundi shine.

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

3 3 3.			
	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	

Nutrition

*Pantry Items **Custom Recipe Ingredient

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





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!



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.



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.



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!



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