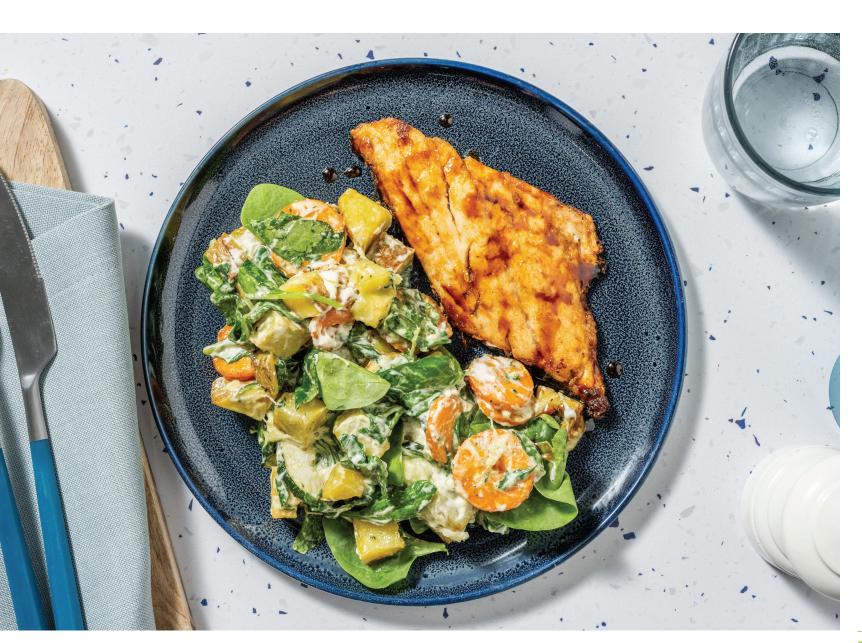


Easy-Prep Soy & Ginger Barramundi with Creamy Roast Veggie Salad

Grab your Meal Kit with this symbol











& Zucchini Mix







Garlic Paste

Barramundi





Baby Spinach Leaves

Mayonnaise



Pantry items

Olive Oil, Soy Sauce, Brown Sugar, White Wine Vinegar

Prep in: 10-20 mins Ready in: 30-40 mins

Eat Me First



Take barramundi to the next level with a simple-but-super soy-ginger style marinade. Serve with a warm roast veggie salad and you have yourself a lovely low carb dish!



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

Oven tray lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato, carrot & zucchini mix	1 medium bag	1 large bag		
ginger paste	1 medium packet	1 large packet		
garlic paste	1 packet	2 packets		
soy sauce*	1 tbs	2 tbs		
brown sugar*	½ tbs	1 tbs		
white wine vinegar*	drizzle	drizzle		
barramundi	1 small packet	2 small packets OR 1 large packet		
baby spinach leaves	1 medium bag	1 large bag		
mayonnaise	1 packet (40g)	1 packet (80g)		
barramundi**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1817kJ (434Cal)	308kJ (74Cal)
Protein (g)	33.3g	5.6g
Fat, total (g)	19g	3.2g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	30.4g	5.2g
- sugars (g)	12.9g	2.2g
Sodium (mg)	716mg	121mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2581kJ (616Cal)	354kJ (84Cal)
Protein (g)	58.5g	8g
Fat, total (g)	25.4g	3.5g
- saturated (g)	5.8g	0.8g
Carbohydrate (g)	30.4g	4.2g
- sugars (g)	12.9g	1.8g
Sodium (mg)	775mg	106mg

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.



Scan here if you have any questions or concerns





- Preheat oven to 240°C/220°C fan-forced.
- Place potato, carrot & zucchini mix on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat. Bake veggies, until tender. 20-25 minutes.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Get prepped

• Meanwhile, in a small bowl, combine ginger paste, garlic paste, the soy sauce, the brown sugar and a drizzle of the white wine vinegar.



Cook the barramundi

- When veggies have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Season both sides of barramundi.
- When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, 3-4 minutes each side (depending on thickness).
- Remove pan from heat. Add soy-ginger mixture, carefully turning barramundi, until well coated.

TIP: Barramundi is cooked through when it turns from translucent to white.

Custom Recipe: If you've doubled your barramundi, prepare as above and cook barramundi in batches for best results.



Serve up

- To tray with roast veggies, add **baby spinach leaves** and **mayonnaise**. Toss to combine. Season to taste.
- Divide easy-prep soy and ginger barramundi and roast veggie salad between plates.
- Spoon any remaining pan juices over barramundi to serve. Enjoy!

TIP: Toss the veggies on the oven tray to save on washing up!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

