



# Easy-Prep Soy & Ginger Barramundi

with Creamy Roast Veggie Salad

Grab your Meal Kit with this symbol



Potato, Carrot & Zucchini Mix



Ginger Paste



Garlic Paste



Barramundi



Baby Spinach Leaves



Mayonnaise



Barramundi

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

Carb Smart

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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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

SUK

## 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

	2 People	4 People
<b>olive oil*</b>	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
<b>soy sauce*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	½ tbs	1 tbs
<b>white wine vinegar*</b>	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](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



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## Roast the veggies

- 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.

3



## 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.

2



## 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**.

4



## 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!

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)