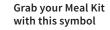


Soy-Ginger Barramundi & Garlic Rice with Oyster Sauce Veggies & Coriander

SKIP

FINAL

EXPLORER













Ginger Lemongrass



Broccoli





Oyster Sauce

Carrot





Coriander

Barramundi





Prep in: 25-35 mins Ready in: 35-45 mins

Eat Me First

You've never had barramundi like this before! Our ginger lemongrass paste is the 'secret' ingredient in the sauce, imparting a zingy and citrusy flavour that works wonders with the umami-rich soy sauce - and which the meaty fish soaks up beautifully.



Pantry items

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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	3 cloves	6 cloves	
butter*	20g	40g	
water*	1½ cups	3 cups	
jasmine rice	1 medium packet	1 large packet	
soy sauce*	1 tbs	2 tbs	
ginger lemongrass paste	1 packet	2 packets	
broccoli	1 head	2 heads	
carrot	1	2	
oyster sauce	1 medium packet	1 large packet	
brown sugar*	1 tsp	2 tsp	
barramundi	1 medium packet	1 large packet	
coriander	1 bag	1 bag	
prawns**	1 packet (200g)	2 packets (400g)	
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2964kJ (708Cal)	566kJ (135Cal)
Protein (g)	41.7g	8g
Fat, total (g)	24.4g	4.7g
- saturated (g)	8.7g	1.7g
Carbohydrate (g)	78.8g	15g
- sugars (g)	11.2g	2.1g
Sodium (mg)	1781mg	340mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2522kJ (603Cal)	521kJ (125Cal)
Protein (g)	29.8g	6.2g
Fat, total (g)	17.9g	3.7g
- saturated (g)	6.6g	1.4g
Carbohydrate (g)	78.8g	16.3g
- sugars (g)	11.2g	2.3g
Sodium (mg)	2374mg	491mg

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.







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 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.
- Keep covered until rice is tender and water is absorbed, 10-15 minutes.

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



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Stir-fry broccoli and carrot with a splash of water until tender, 5-6 minutes.
- Add oyster sauce and the brown sugar and cook, stirring, until combined, 1 minute.
- Transfer to a bowl and cover to keep warm.



Make the sauce

 Meanwhile, combine the soy sauce, ginger lemongrass paste, remaining garlic and a pinch of pepper in a small bowl. Set aside.



Prep the veggies

- Cut **broccoli** (including the stalk!) into small florets.
- Thinly slice carrot into half-moons.



Cook the barramundi

- Wipe out frying pan, then return to medium-high heat with a drizzle of olive oil. Pat barramundi dry with a paper towel and season both sides with salt and pepper.
- Cook barramundi, skin-side down first, until just cooked through, 5-6 minutes each side (depending on thickness).
- In the **last minute**, add the **soy-ginger mixture** to the pan. Gently turn barramundi to coat.

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

Custom Recipe: If you've swapped to prawns, heat frying pan as above. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Continue as above, adding the soy-ginger mixture to the prawns.



Serve up

- Divide garlic rice between bowls.
- Top with oyster sauce veggies and soy-ginger barramundi, spooning over any remaining sauce from the pan.
- Tear over **coriander** leaves to serve. Enjoy!

Rate your recipe

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