



# Soy-Ginger Barramundi & Garlic Rice

with Oyster Sauce Veggies & Coriander

EXPLORER

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Ginger Lemongrass Paste



Broccoli



Carrot



Oyster Sauce



Barramundi



Coriander



Prawns

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.

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

### Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar

## 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
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>butter*</b>	20g	40g
<b>water*</b>	1½ cups	3 cups
jasmine rice	1 medium packet	1 large packet
<b>soy sauce*</b>	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
<b>brown sugar*</b>	1 tsp	2 tsp
barramundi	1 medium packet	1 large packet
coriander	1 bag	1 bag
prawns**	1 packet (200g)	2 packets (400g)

\*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](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



## 1 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!



## 4 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.



## 2 Make the sauce

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



## 5 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.



## 3 Prep the veggies

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



## 6 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](https://hellofresh.com.au/rate)