



# Soy-Ginger Barramundi & Rice

with Oyster Sauce Veggies & Coriander

EXPLORER

Grab your Meal Kit with this symbol



Jasmine Rice



Broccoli & Carrot Mix



Oyster Sauce



Garlic Paste



Soy Sauce Mix



Ginger Lemongrass Paste



Barramundi



Coriander



Barramundi

Prep in: 20-30 mins  
Ready in: 35-45 mins

Calorie Smart\*  
*\*Custom Recipe is not Calorie Smart*

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.

Eat Me First

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

### Pantry items

Olive Oil, Brown Sugar

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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
broccoli & carrot mix	1 medium bag	1 large bag
oyster sauce	1 medium packet	1 large packet
<b>brown sugar*</b>	1 tsp	2 tsp
garlic paste	1 packet	2 packets
soy sauce mix	1 packet	2 packets
ginger lemongrass paste	1 packet	2 packets
barramundi	1 small packet	2 small packets OR 1 large packet
coriander	1 bag	1 bag
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)	2458kJ (587Cal)	675kJ (161Cal)
Protein (g)	33.3g	9.1g
Fat, total (g)	15.7g	4.3g
- saturated (g)	3.5g	1g
Carbohydrate (g)	76.6g	21g
- sugars (g)	11.2g	3.1g
Sodium (mg)	1897mg	521mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3125kJ (747Cal)	620kJ (148Cal)
Protein (g)	58.5g	11.6g
Fat, total (g)	22.1g	4.4g
- saturated (g)	5.9g	1.2g
Carbohydrate (g)	76.6g	15.2g
- sugars (g)	11.2g	2.2g
Sodium (mg)	1956mg	388mg

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 rice

- To a medium saucepan, add the **water** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from heat. Keep covered until rice and tender and all the water is absorbed, **12 minutes**.

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

3



## Cook the barramundi

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Pat **barramundi** dry with paper towel and season both sides.
- When oil is hot, 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:** Patting the skin dry helps it crisp up in the pan!

**Custom Recipe:** If you've doubled your barramundi, cook in batches for best results.

2



## Cook the veggies

- While rice is cooking, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli & carrot mix** with a splash of **water**, tossing, until tender, **5-6 minutes**.
- Add **oyster sauce**, the **brown sugar** and half the **garlic paste** and cook, stirring, until combined, **1 minute**.
- Transfer to serving bowls and cover to keep warm.
- Meanwhile, combine **soy sauce mix**, **ginger lemongrass paste**, remaining **garlic paste** and a pinch of **pepper** in a small bowl. Set aside.

4



## Serve up

- Divide rice and oyster sauce veggies between bowls. Top with soy-ginger barramundi.
- Spoon 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)