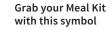


Soy-Ginger Barramundi & Rice with Oyster Sauce Veggies & Coriander

EXPLORER











Oyster Sauce



Garlic Paste





Soy Sauce







Coriander

Barramundi





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



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.



Olive Oil, 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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
water*	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		
brown sugar*	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 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





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!



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.



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.



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!



