



# Salt & Pepper Barramundi Bowl

with Carrots, Asian Greens, Soy-Ginger Sauce & Rice

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Jasmine Rice



Asian Greens



Carrot



Barramundi



Black Peppercorns



Cornflour



Ginger Paste



Chicken Breast

Prep in: 25-35 mins  
Ready in: 30-40 mins

Calorie Smart

Eat Me First

With its firm texture and slightly buttery flavour, barramundi stands up perfectly to the S&P coating in this Asian-style dish. Team with leafy Asian greens and a zingy sauce, plus jasmine rice to soak it all up.

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

### Pantry items

Olive Oil, Butter, Soy Sauce, Honey

## 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	2½ cups
jasmine rice	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
Asian greens	1 bag	2 bags
carrot	1	2
barramundi	1 medium packet	2 medium packets OR 1 large packet
black peppercorns	1 large sachet	2 large sachets
cornflour	1 medium sachet	1 large sachet
<b>salt*</b>	¼ tsp	½ tsp
<b>soy sauce*</b>	2 tbs	¼ cup
<b>honey*</b>	1 tbs	2 tbs
ginger paste	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2681kJ (641Cal)	661kJ (158Cal)
Protein (g)	33.8g	8.3g
Fat, total (g)	17.6g	4.3g
- saturated (g)	7.9g	1.9g
Carbohydrate (g)	82.1g	20.2g
- sugars (g)	10.5g	2.6g
Sodium (mg)	1099mg	271mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2717kJ (649Cal)	631kJ (151Cal)
Protein (g)	41.9g	9.7g
Fat, total (g)	14.9g	3.5g
- saturated (g)	7.1g	1.6g
Carbohydrate (g)	82.1g	19.1g
- sugars (g)	10.5g	2.4g
Sodium (mg)	1119mg	260mg

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



## Cook the rice

- Add the **water** to a medium saucepan and bring to the boil. Add **jasmine rice** and a pinch of **salt**.
- Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from heat. Keep covered until rice is tender and the water is absorbed, **10-15 minutes**. Stir the **butter** through the rice.

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



## Cook the barramundi

- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, shake excess flour off **barramundi**, then cook **barramundi**, turning occasionally, until golden and just cooked through, **4-6 minutes**.

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.



## Get prepped

- While the rice is cooking, roughly chop **Asian greens**. Thinly slice **carrot** into sticks.
- Cut **barramundi** into 2cm chunks.
- Crush **black peppercorns** with a pestle and mortar, or in their sachet using a rolling pin.
- In a medium bowl, combine **cornflour**, **crushed peppercorns** and the **salt**. Add **barramundi**, tossing to coat.
- In a small bowl, combine the **soy sauce**, the **honey** and **ginger paste**.

**TIP:** Remove barramundi skin with a sharp knife before combining with cornflour, if you prefer!

**Custom Recipe:** If you've swapped to chicken breast, cut chicken into 2cm chunks. Add chicken to spice mixture as above, tossing to coat.



## Bring it all together

- Return **carrot** and **Asian greens** to the pan. Add **soy-ginger mixture** and cook, tossing to coat, until heated through, **30 seconds**.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until tender, **4-5 minutes**.
- In the last **2 minutes** of cook time, add **Asian greens** and cook, tossing, until fragrant and wilted, **1-2 minutes**.
- Transfer to a bowl and cover to keep warm.



## Serve up

- Divide rice between bowls.
- Top with salt and pepper barramundi, spooning over any remaining soy-ginger sauce from the pan 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)