



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
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
butter*	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
salt*	¼ tsp	½ tsp
soy sauce*	2 tbs	¼ cup
honey*	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 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!

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