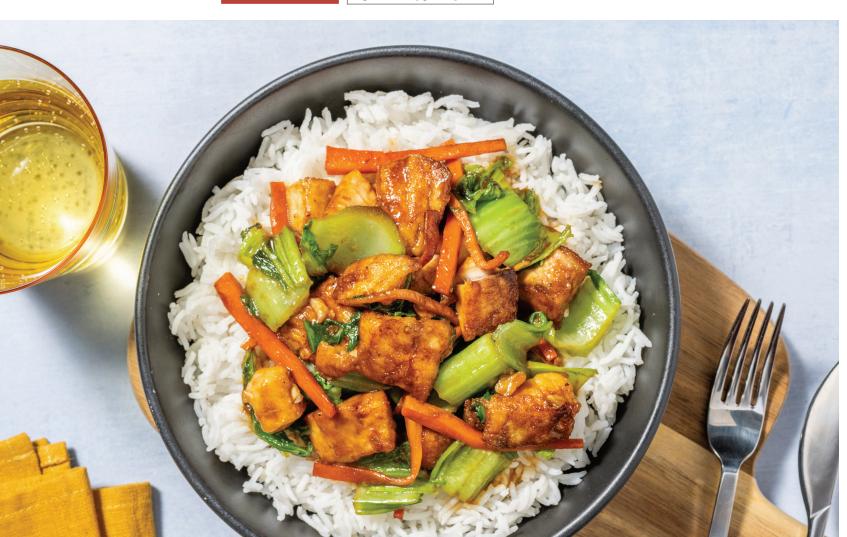


Salt & Pepper Barramundi Bowl with Carrots, Asian Greens, Soy-Ginger Sauce & Rice

TAKEAWAY FAVES

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol









Barramundi



Carrot





Cornflour

Black Peppercorns

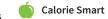


Ginger Paste



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

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 \cdot Large frying pan

Ingredients

2 People	4 People
refer to method	refer to method
1¼ cups	2½ cups
1 medium packet	1 large packet
20g	40g
1 bag	2 bags
1	2
1 medium packet	2 medium packets OR 1 large packet
1 large sachet	2 large sachets
1 medium sachet	1 large sachet
1/4 tsp	½ tsp
2 tbs	1/4 cup
1 tbs	2 tbs
1 medium packet	1 large packet
1 small packet	2 small packets OR 1 large packet
	refer to method 1¼ cups 1 medium packet 20g 1 bag 1 1 medium packet 1 large sachet 1 medium sachet ¼ tsp 2 tbs 1 tbs 1 medium 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

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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!



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.



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.



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.



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.



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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