



Seared Barramundi & Soy-Ginger Glaze with Roast Veggie Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Brown Onion



Zucchini



Garlic



Ginger Paste



Barramundi



Baby Spinach Leaves

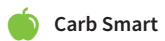


Mayonnaise



Chicken Breast

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



Carb Smart

Take barramundi to the next level with a simple-but-super soy-ginger style marinade. Serve with a warm roast veggie salad and you have yourself a lovely low carb dish!

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

Eat Me First

Pantry items

Olive Oil, Soy Sauce, Brown Sugar, White Wine Vinegar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
brown onion	1	2
zucchini	1	2
garlic	1 clove	2 cloves
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
white wine vinegar*	drizzle	drizzle
barramundi	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 medium bag	1 large bag
mayonnaise	1 packet (40g)	1 packet (80g)
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)	1952kJ (467Cal)	294kJ (70Cal)
Protein (g)	36g	5.4g
Fat, total (g)	19.5g	2.9g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	35.6g	5.4g
- sugars (g)	17g	2.6g
Sodium (mg)	641mg	97mg
Dietary Fibre (g)	10.4g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1989kJ (475Cal)	289kJ (69Cal)
Protein (g)	44.1g	6.4g
Fat, total (g)	16.8g	2.4g
- saturated (g)	2.3g	0.3g
Carbohydrate (g)	35.6g	5.2g
- sugars (g)	17g	2.5g
Sodium (mg)	662mg	96mg
Dietary Fibre	10.6g	1.5g

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



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks.
- Cut **brown onion** into wedges.
- Slice **zucchini** into half-moons.
- Place **veggies** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt and pepper** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Add the sauce

- Remove pan from heat.
- Add **soy-ginger mixture**, carefully turning **barramundi**, until well coated.

TIP: The residual heat in the pan will cook the sauce!

Custom Recipe: Coat chicken in the same way as the barramundi.



Get prepped

- Meanwhile, finely chop **garlic**.
- In a small bowl, combine **ginger paste, garlic, the soy sauce, brown sugar** and a drizzle of **white wine vinegar**.



Toss the veggies

- In a medium bowl, place **baby spinach leaves, roasted veggies** and **mayonnaise**. Toss to combine. Season to taste.

TIP: Toss the veggies on the oven tray to save on washing up!



Cook the barramundi

- When the veggies have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Pat **barramundi** dry with paper towel and season both sides (this helps it crisp up in the pan!).
- When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **5-6 minutes** each side (depending on thickness).

TIP: Barramundi is cooked through when it turns from translucent to white.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Season. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken, until cooked through (when no longer pink inside), 3-6 minutes each side.



Serve up

- Divide the soy and ginger barramundi and roast veggie salad between plates.
- Spoon any remaining pan juices over the barramundi to serve. Enjoy!

Custom Recipe: Divide the soy and ginger chicken and roast veggie salad between plates.

Rate your recipe

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