



Soy-Ginger Barramundi & Garlic Rice

with Oyster Sauce Veggies & Coriander

EXPLORER

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Ginger Lemongrass Paste



Broccoli



Carrot



Oyster Sauce



Barramundi



Coriander



Barramundi

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me First

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.

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

Pantry items

Olive Oil, Butter, Soy Sauce, 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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1½ cups	3 cups
jasmine rice	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
ginger	1 medium packet	2 medium packets
lemongrass paste	1 head	2 heads
broccoli	1	2
carrot	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
barramundi	1 medium packet	2 medium packets OR 1 large packet
coriander	1 packet	1 packet
barramundi**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2916kJ (697Cal)	557kJ (133Cal)
Protein (g)	41g	7.8g
Fat, total (g)	24.3g	4.6g
- saturated (g)	9.9g	1.9g
Carbohydrate (g)	79.5g	15.2g
- sugars (g)	12.6g	2.4g
Sodium (mg)	1776mg	339mg
Dietary Fibre (g)	26.5g	5.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3584kJ (857Cal)	540kJ (129Cal)
Protein (g)	66.2g	10g
Fat, total (g)	30.6g	4.6g
- saturated (g)	12.3g	1.9g
Carbohydrate (g)	80.2g	12.1g
- sugars (g)	13.3g	2g
Sodium (mg)	1835mg	276mg
Dietary Fibre	26.5g	4g

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



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** and bring to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

4



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Stir-fry **broccoli** and **carrot** with a splash of **water**, until tender, **5-6 minutes**.
- Add **oyster sauce** and the **brown sugar** and cook, stirring, until combined, **1 minute**.
- Transfer to a bowl and cover to keep warm.

2



Make the sauce

- Meanwhile, in a small bowl, combine the **soy sauce**, **ginger lemongrass paste**, remaining **garlic** and a pinch of **pepper**. Set aside.

5



Cook the barramundi

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Season **barramundi** on both sides with **salt** and **pepper**. Cook **barramundi**, skin-side down first, until just cooked through, **5 minutes** each side (depending on thickness).
- In the **last minute**, add the **soy-ginger mixture** to the pan. Gently turn **barramundi** to coat.

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

Custom Recipe: If you've doubled your barramundi, prepare barramundi as above. Cook barramundi in batches for the best results.

3



Prep the veggies

- Cut **broccoli** (including the stalk!) into small florets.
- Thinly slice **carrot** into half-moons.

6



Serve up

- Divide garlic rice between bowls.
- Top with oyster sauce veggies and soy-ginger barramundi, spooning over any remaining sauce from the pan.
- Tear over **coriander** leaves to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate