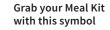


# Soy-Ginger Barramundi & Garlic Rice with Oyster Sauce Veggies & Coriander

EXPLORER













**Ginger Lemongrass** 



Broccoli













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

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.

Olive Oil, Butter, Soy Sauce, Brown

**Pantry items** 

## 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
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 lemongrass paste	1 medium packet	2 medium packets
broccoli	1 head	2 heads
carrot	1	2
oyster sauce	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

<sup>\*</sup>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

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# 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!



#### Make the sauce

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



## Prep the veggies

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



## 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.



## 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.



## 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