



Cantonese-Style Steamed Barramundi & Garlic Veggies

with Ginger Lemongrass Sauce & Rice

SKILL UP

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Green Beans



Long Chilli (Optional)



Barramundi



Baby Spinach Leaves



Ginger Lemongrass Paste



Barramundi

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart*
**Custom recipe is not Calorie Smart*

Eat Me Early

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. This dish is a delicate and delicious combo of flaky barramundi, garlic veggies and fluffy rice accompanied by a zingy and moreish sauce. Learn this simple steaming technique to ensure your fish is both moist and fragrant.

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

Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine), 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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
water* (for the rice)	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 small packet	1 medium packet
long chilli 🌶️ (optional)	½	1
barramundi	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 small packet	1 medium packet
ginger lemongrass paste	1 medium packet	2 medium packets
soy sauce*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	½ tsp	1 tsp
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	½ tbs	1 tbs
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)	2348kJ (561Cal)	622kJ (149Cal)
Protein (g)	33.4g	8.8g
Fat, total (g)	15.2g	4g
- saturated (g)	4.2g	1.1g
Carbohydrate (g)	73.1g	19.4g
- sugars (g)	8.4g	2.2g
Sodium (mg)	539mg	143mg
Dietary Fibre (g)	22.6g	6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3016kJ (721Cal)	583kJ (139Cal)
Protein (g)	58.6g	11.3g
Fat, total (g)	21.6g	4.2g
- saturated (g)	6.6g	1.3g
Carbohydrate (g)	73.8g	14.3g
- sugars (g)	9.1g	1.8g
Sodium (mg)	598mg	116mg
Dietary Fibre (g)	22.6g	4.4g

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.



Cook the rice

- Preheat oven to **240°C/220°C fan-forced**.
- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**. Add the **water (for the rice)** 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 **10 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10 minutes**.

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



Cook the veggies

- While fish is cooking, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot** and **green beans**, tossing, until tender, **4-5 minutes**.
- Reduce heat to medium, add **garlic** and **baby spinach leaves** and cook, stirring, until wilted and fragrant, **1 minute**. Season and transfer veggies to serving bowls.



Get prepped

- Meanwhile, thinly slice **carrot** into sticks.
- Trim and halve **green beans**.
- Thinly slice **long chilli (see ingredients)**.



Steam the barramundi

- When rice has **15 minutes** remaining, discard any liquid from **barramundi** packaging.
- Season **fish** on both sides and top with sliced **chilli** (if using). Wrap **fish** in baking paper skin side down, then in foil. Fold the seams over to seal and create a parcel.
- Place on an oven tray. Steam until cooked through, **12-14 minutes**.

Custom Recipe: If you've doubled your barramundi, prepare and bake barramundi in the same way as above. Spread over two lined oven trays if your tray is getting crowded.



Make the sauce

- In a small microwave-safe bowl, combine **ginger lemongrass paste**, the **soy sauce**, **vinegar**, **brown sugar**, **water (for the sauce)** and a drizzle of **olive oil**.
- Microwave until fragrant and heated through, **30 seconds**. Season with **pepper**.



Serve up

- Divide garlic rice between bowls.
- Top with steamed barramundi.
- Spoon over ginger lemongrass sauce to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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