

# Cantonese-Style Steamed Barramundi & Garlic Veggies with Ginger Lemongrass Sauce & Rice

NEW

**CLIMATE SUPERSTAR** 







Grab your Meal Kit with this symbol







Green Beans

Carrot



Long Chilli



Barramundi

(Optional)





**Baby Spinach** Leaves

**Ginger Lemongrass** Paste

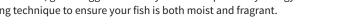


Prep in: 20-30 mins Ready in: 30-40 mins

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.



**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  $\cdot$  Oven tray lined with baking paper  $\cdot$  Large frying pan

## Ingredients

9		
	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)	1/2	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

<sup>\*</sup>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	22.6g	4 4σ

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!

