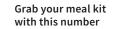


# Salt & Pepper Barramundi Rice Bowl with Carrots, Asian Greens & Soy-Ginger Sauce

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR











Carrot







Barramundi







Prep in: 25-35 mins Ready in: 30-40 mins



### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
white rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
butter*	20g	40g
Asian greens	1 packet	2 packets
carrot	1	2
barramundi	1 medium packet	2 medium packets OR 1 large packet
cornflour	1 medium sachet	1 large sachet
cracked black pepper*	2 tsp	4 tsp
salt*	1/4 tsp	½ tsp
soy sauce*	2 tbs	1/4 cup
honey*	1 tbs	2 tbs
ginger paste	1 medium packet	1 large packet
*Pantry Items		

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2794kJ (668Cal)	684kJ (163Cal)
Protein (g)	32.9g	8.1g
Fat, total (g)	22.2g	5.4g
- saturated (g)	9.5g	2.3g
Carbohydrate (g)	82.1g	20.1g
- sugars (g)	12g	2.9g
Sodium (mg)	1093mg	267mg
Dietary Fibre (g)	20.4g	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.



#### Cook the rice

- Rinse and drain white rice.
- Add the water to a medium saucepan and bring to the boil. Add rice and a pinch of salt.
- Stir. cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove pan from heat. Keep covered until rice is tender and the water is absorbed. 10 minutes. Stir the butter through the rice.

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



### Get prepped

- While the rice is cooking, roughly chop Asian greens. Thinly slice carrot into sticks.
- · Cut barramundi into 2cm chunks.
- In a medium bowl, combine cornflour, the cracked black pepper and the salt. Add **barramundi**, tossing to coat.
- In a small bowl, combine the **soy sauce**, the honey and ginger paste.

**TIP:** Remove barramundi skin with a sharp knife before combining with cornflour, if you prefer!



## Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot, stirring, until tender, 4-5 minutes.
- In the last 2 minutes of cook time, add Asian greens and cook, tossing, until fragrant and wilted, 1-2 minutes.
- Transfer to a bowl and cover to keep warm.



#### Cook the barramundi

· Return frying pan to high heat with a drizzle of olive oil. When oil is hot, shake excess flour off barramundi, then cook barramundi, turning occasionally, until golden and just cooked through, 4-6 minutes.



## Bring it all together

- Return carrot and Asian greens to the pan.
- Add soy-ginger mixture and cook, tossing to coat, until heated through, 30 seconds.



### Serve up

- · Divide rice between bowls.
- Top with salt and pepper barramundi, spooning over any remaining soy-ginger sauce from the pan to serve. Enjoy!

