

Seared Barramundi & Soy-Ginger Glaze

with Creamy Roast Veggie Toss

Grab your meal kit with this number

36



Potato



Carrot



Zucchini



Red Onion



Garlic



Ginger Paste



Barramundi



Baby Spinach Leaves



Mayonnaise



Chicken Breast



Salmon

Prep in: 20-30 mins
Ready in: 35-45 mins

Calorie Reduced

Eat Me Early

Take barramundi to the next level with a simple-but-super soy-ginger style marinade. Serve with a warm roast veggie toss and you have yourself a lovely calorie reduced dish!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar, White Wine Vinegar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
zucchini	1	2
red onion	1	2
garlic	1 clove	2 cloves
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
white wine vinegar*	drizzle	drizzle
barramundi	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1997kJ (477Cal)	308kJ (74Cal)
Protein (g)	34.7g	5.3g
Fat, total (g)	18.2g	2.8g
- saturated (g)	3.3g	0.5g
Carbohydrate (g)	43.5g	6.7g
- sugars (g)	24.8g	3.8g
Sodium (mg)	689mg	106mg
Dietary Fibre (g)	10.4g	1.6g

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato, carrot** and **zucchini** into bite-sized chunks. Cut **red onion** into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

4



Add the sauce

- Remove pan from heat.
- Add **soy-ginger mixture**, carefully turning **barramundi**, until well coated.

TIP: The residual heat in the pan will cook the glaze!

2



Get prepped

- Meanwhile, finely chop **garlic**.
- In a small bowl, combine **ginger paste, garlic, the soy sauce, brown sugar** and a drizzle of **white wine vinegar**.

5



Toss the veggies

- In a medium bowl, combine **baby spinach leaves, roasted veggies** and **mayonnaise**. Toss to combine. Season to taste.

TIP: Toss the veggies on the oven tray to save on washing up!

3



Cook the barramundi

- When the veggies have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Pat **barramundi** dry with paper towel and season both sides (this helps it crisp up in the pan).
- When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **5-6 minutes** each side (depending on thickness).

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

6



Serve up

- Divide the seared barramundi and creamy roast veggie toss between plates.
- Spoon any remaining soy-ginger glaze from the pan over the barramundi to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



SWAP TO SALMON

Cook until just cooked through, 2-4 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

