



# Salt & Pepper Barramundi Rice Bowl

with Carrots, Asian Greens & Soy-Ginger Sauce

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR

Grab your meal kit with this number

36



White Rice



Asian Greens



Carrot



Barramundi



Cornflour



Ginger Paste



Chicken Breast



Barramundi

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

Protein Rich

Eat Me Early

With its firm texture and slightly buttery flavour, barramundi stands up perfectly to the S&P coating in this Asian-style dish. Team with leafy Asian greens and a zingy sauce, plus fluffy rice to soak it all up.

### Pantry items

Olive Oil, Butter, Cracked Black Pepper, Soy Sauce, Honey



## 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
<b>olive oil*</b>	refer to method	refer to method
<b>white rice</b>	1 medium packet	1 large packet
<b>water*</b>	1¼ cups	2½ cups
<b>butter*</b>	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
<b>cracked black pepper*</b>	2 tsp	4 tsp
<b>salt*</b>	¼ tsp	½ tsp
<b>soy sauce*</b>	2 tbs	¼ cup
<b>honey*</b>	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)	341kJ (81cal)
Protein (g)	32.9g	4g
Fat, total (g)	22.2g	2.7g
- saturated (g)	9.5g	1.2g
Carbohydrate (g)	82.1g	10g
- sugars (g)	12g	1.5g
Sodium (mg)	1093mg	133.3mg
Dietary Fibre (g)	20.4g	2.5g

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](https://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!



## 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**.



## 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 **salt**. Add **barramundi**, tossing to coat.
- In a small bowl, combine the **soy sauce**, **honey** and **ginger paste**.

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



## Bring it all together

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



## 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.
- Transfer to a bowl and cover to keep warm.



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



#### DOUBLE BARRAMUNDI

Follow method above, cooking in batches if necessary.

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

