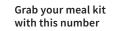


Salt & Pepper Barramundi Rice Bowl with Carrots, Asian Greens & Soy-Ginger Sauce

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)	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 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 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!



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.



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, tossing veggies to coat, until heated through, 30 seconds.



Serve up

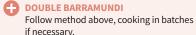
- · Divide rice between bowls.
- Top with salt and pepper barramundi, carrots and Asian greens, spooning over any remaining soy-ginger sauce from the pan to serve. Enjoy!











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

