

Sweet-Soy Barramundi Rice Bowl

with Carrots & Asian Greens

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR

Grab your meal kit
with this number

36



Garlic



Jasmine Rice



Asian Greens



Carrot



Barramundi



Cornflour



Sweet Soy
Seasoning



Soy Sauce
Mix



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 sweet-soy 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, 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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water*	1 cup	2 cups
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*	1 tsp	2 tsp
sweet soy seasoning	1 sachet	2 sachets
soy sauce mix	1 packet	2 packets
honey*	½ tbs	1 tbs
ginger paste	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2858kJ (683cal)	337kJ (81cal)
Protein (g)	33.7g	4g
Fat, total (g)	22.5g	2.7g
- saturated (g)	9.6g	1.1g
Carbohydrate (g)	83.9g	9.9g
- sugars (g)	11.4g	1.3g
Sodium (mg)	1471mg	173.7mg
Dietary Fibre (g)	21.3g	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.

1



Cook the rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook **garlic** until fragrant, **1-2 minutes**. Add **jasmine rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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

2



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 **sweet soy seasoning**. Add **barramundi**, tossing to coat.
- In a small bowl, combine **soy sauce mix**, the **honey**, **ginger paste** and a splash of **water**.

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

3



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.

4



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**.

5



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**.

6



Serve up

- Divide rice between bowls.
- Top with sweet-soy barramundi and veggies, 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 | CW41



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.

