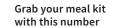


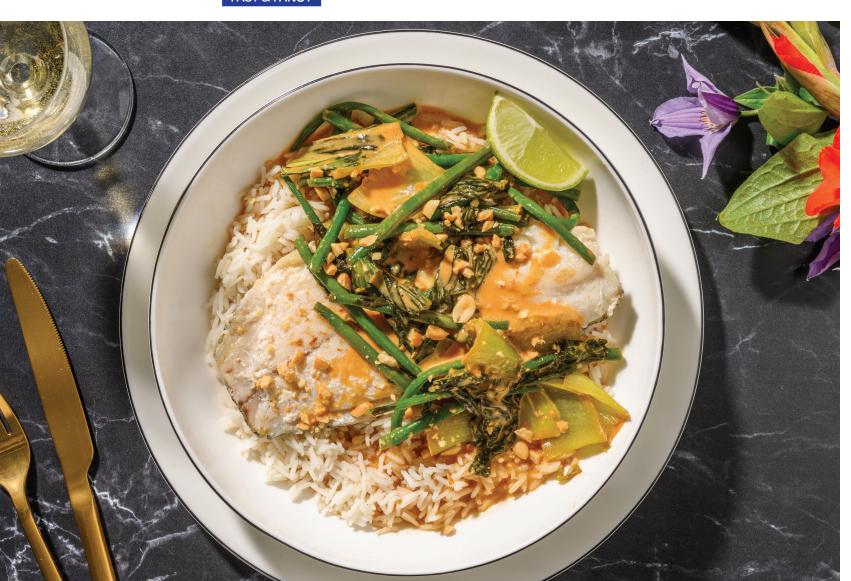
# Seared Barramundi & Red Curry Sauce

with Asian Greens & Rice

FAST & FANCY













Barramundi









Mild Thai Red Curry Paste



Coconut Milk



Microwavable Basmati



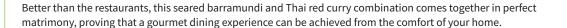
**Crushed Peanuts** 

Prep in: 10-20 mins Ready in: 20-30 mins

Eat Me Early









Olive Oil, Soy Sauce, Brown Sugar

## 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

Two large frying pans

## Ingredients

_	2 People	4 People
olive oil*	refer to method	refer to method
lime	1/2	1
Asian greens	1 packet	2 packets
barramundi	1 medium packet	2 medium packets OR 1 large packet
trimmed green beans	1 medium packet	1 large packet
mild Thai red curry paste	1 packet	2 packets
coconut milk	1 packet	2 packets
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
microwavable basmati rice	1 packet	2 packets
crushed peanuts	1 medium packet	1 large packet

## \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2905kJ (694cal)	225kJ (54cal)
Protein (g)	37g	2.9g
Fat, total (g)	36g	2.8g
- saturated (g)	19.3g	1.5g
Carbohydrate (g)	52.9g	4.1g
- sugars (g)	13.2g	1g
Sodium (mg)	1427mg	110.6mg
Dietary Fibre (g)	6.2g	0.5g

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 barramundi

- Slice lime into wedges. Roughly chop Asian greens.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
  Pat barramundi dry with a paper towel and season both sides with salt and pepper.
- When oil is hot, cook barramundi, skin-side down first, until just cooked through, 5-6 minutes each side (depending on thickness). Transfer to a plate.

**TIP:** Patting the skin dry helps it crisp up in the pan!



## Heat the rice

• Microwave basmati rice until steaming, 2-3 minutes.



## Make the curry

- Meanwhile, in a second large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook trimmed green beans, tossing, until tender, 4-5 minutes.
- Add Asian greens and mild Thai red curry paste and cook until fragrant,
  1 minute.
- Stir in coconut milk, the soy sauce, brown sugar, a squeeze of lime juice and a splash of water, until combined, 1 minute.



## Serve up

- Divide rice, seared barramundi and red curry between bowls.
- · Sprinkle over crushed peanuts.
- Serve with any remaining lime wedges. Enjoy!



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