

# Seared Barramundi & Red Curry Sauce

with Asian Greens & Rice

FAST & FANCY

Grab your meal kit  
with this number

22



Lime



Asian Greens



Barramundi



Trimmed Green Beans



Mild Thai Red Curry Paste



Coconut Milk



Microwavable Basmati Rice



Crushed Peanuts

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

 Protein Rich

 Eat Me Early

Better than the restaurants, this seared barramundi and Thai red curry combination comes together in perfect matrimony, proving that a gourmet dining experience can be achieved from the comfort of your home.

### Pantry items

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
<b>olive oil*</b>	refer to method	refer to method
lime	½	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
<b>soy sauce*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	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](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 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!

## We're here to help!

Scan here if you have any questions or concerns



2024 | CW43

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)