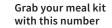


Cantonese-Style Steamed Barramundi & Rice with Garlic Veggies & Ginger Lemongrass Sauce













Asian Greens

Green Beans





Long Chilli (Optional)

Barramundi



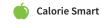
Ginger Lemongrass



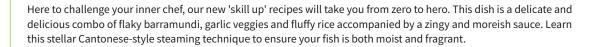


Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early







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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1 cup	2 cups
Asian greens	1 packet	2 packets
green beans	1 small packet	1 medium packet
long chilli ∮ (optional)	1/2	1
barramundi	1 medium packet	2 medium packets OR 1 large packet
ginger lemongrass paste	1 packet	2 packets
soy sauce*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	½ tsp	1 tsp
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	½ tbs	1 tbs

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2345kJ (560cal)	286kJ (68cal)
Protein (g)	33.9g	4.1g
Fat, total (g)	15.5g	1.9g
- saturated (g)	4.2g	0.5g
Carbohydrate (g)	70.6g	8.6g
- sugars (g)	6g	0.7g
Sodium (mg)	513mg	62.5mg
Dietary Fibre (g)	21.4g	2.6g

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

- Preheat oven to 240°C/220°C fan-forced.
- Finely chop garlic.
- In a medium saucepan, heat a drizzle of **olive** oil over medium heat. Cook half the 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 rice is tender and all the water is absorbed, 10 minutes.

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



Get prepped

- · Meanwhile, roughly chop Asian greens.
- Trim and halve green beans.
- Thinly slice long chilli (if using).



Steam the barramundi

- · When rice has 15 minutes remaining, discard any liquid from barramundi packaging.
- · Season fish on both sides and top with sliced **chilli** (if using). Wrap **fish** in baking paper skin side down, then in foil, folding the seams to seal.
- · Place on an oven tray. Bake until cooked through, 12-14 minutes.



Cook the veggies

- · While fish is cooking, in a large frying pan, heat a drizzle of olive oil over high heat.
- Cook green beans, tossing, until tender, 4-5 minutes.
- · Reduce heat to medium, then add garlic and Asian greens and cook until wilted and fragrant, **1 minute**. Transfer to a bowl, season and cover to keep warm.



Make the sauce

- In a small microwave-safe bowl, combine ginger lemongrass paste, the soy sauce, vinegar, brown sugar, water (for the sauce) and a drizzle of olive oil.
- · Microwave until fragrant and heated through, **30 seconds**. Season with **pepper**.



Serve up

- Divide rice and garlic veggies between plates.
- Top with steamed barramundi. Spoon over ginger lemongrass sauce to serve. Enjoy!





CUSTOM

OPTIONS

DOUBLE BARRAMUNDI

