

# Cantonese-Style Steamed Barramundi & Rice

with Garlic Veggies & Ginger Lemongrass Sauce

SKILL UP

Grab your meal kit with this number

36



Garlic



Jasmine Rice



Asian Greens



Green Beans



Long Chilli (Optional)



Barramundi



Ginger Lemongrass Paste



Barramundi



Peeled Prawns

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

Calorie Smart

Protein Rich

Eat Me Early

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. This dish is a delicate and delicious combo of flaky barramundi, garlic veggies and fluffy rice accompanied by a zingy and moreish sauce. Learn this stellar Cantonese-style steaming technique to ensure your fish is both moist and fragrant.

### Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine), 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

Medium saucepan with a lid · Oven tray lined with baking paper · Large frying pan

## Ingredients

|   | 2 People        | 4 People                              |
|---|-----------------|---------------------------------------|
| <b>olive oil*</b>   | refer to method | refer to method                       |
| garlic  | 3 cloves        | 6 cloves                              |
| jasmine rice  | 1 medium packet | 1 large packet                        |
| <b>water*</b><br>(for the rice)   | 1 cup           | 2 cups                                |
| Asian greens  | 1 packet        | 2 packets                             |
| green beans   | 1 small packet  | 1 medium packet                       |
| long chilli <br>(optional) | ½               | 1                                     |
| barramundi  | 1 medium packet | 2 medium packets<br>OR 1 large packet |
| ginger  |                 |                                       |
| lemongrass paste  | 1 packet        | 2 packets                             |
| <b>soy sauce*</b>   | 1 tbs           | 2 tbs                                 |
| <b>vinegar*</b><br>(white wine or rice wine)  | ½ tsp           | 1 tsp                                 |
| <b>brown sugar*</b>   | 1 tsp           | 2 tsp                                 |
| <b>water*</b><br>(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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



## 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!



## 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.



## Get prepped

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



## 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**.



## 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**.



## 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

Follow method above, cooking in batches if necessary.

#### + ADD PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

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

