

# Tamarind Barramundi Rice Bowl

with Asian Greens Stir-Fry

FEEL-GOOD TAKEAWAY

Grab your meal kit  
with this number

36



Garlic



Jasmine Rice



Asian Greens



Green Beans



Barramundi



Cornflour



Tamarind  
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 tamarind 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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
jasmine rice	1 medium packet	1 large packet
<b>water*</b>	1 cup	2 cups
Asian greens	1 packet	2 packets
green beans	1 small packet	1 medium packet
barramundi	1 medium packet	2 medium packets OR 1 large packet
cornflour	1 medium packet	2 medium packets
<b>cracked black pepper*</b>	1 tsp	2 tsp
tamarind seasoning	1 sachet	2 sachets
soy sauce mix	1 packet	2 packets
<b>honey*</b>	½ tbs	1 tbs
ginger paste	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2841kJ (685cal)	685kJ (165cal)
Protein (g)	34.3g	8.3g
Fat, total (g)	22.5g	5.4g
- saturated (g)	9.6g	2.3g
Carbohydrate (g)	82.2g	19.8g
- sugars (g)	9.6g	2.3g
Sodium (mg)	1447mg	348.7mg
Dietary Fibre (g)	21.2g	5.1g

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.

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**, **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 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**.
- Trim **green beans**, then cut into thirds.
- Cut **barramundi** into 2cm chunks.
- In a medium bowl, combine **cornflour**, the **cracked black pepper** and **tamarind 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 **green beans**, 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**.

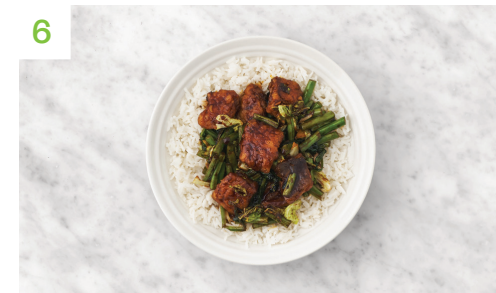
5



## Bring it all together

- Return **green beans** 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 tamarind barramundi and Asian greens stir-fry, 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

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### 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.

