

Seared Barramundi

with Thai Coconut Sauce & Sesame Baby Broccoli

Grab your Meal Kit with this symbol



Basmati Rice



Baby Broccoli



Lime



Garlic



Ginger



Sesame Seeds



Barramundi



Coconut Milk



Fish Sauce & Rice Vinegar Mix




Coriander





Long Red Chilli (Optional)



Roasted Peanut Cashew Mix

 Hands-on: **25-35 mins**
Ready in: **30-40 mins**

 Eat me first

 Spicy (optional long red chilli)

The deliciously succulent barramundi is made only more delectable by the aromatic coconut sauce. Served with sesame baby broccoli and basmati rice, this dish is a restaurant inspired weeknight meal, so much so, we think you ought to cancel your date night dinner reservation and set the table at home!

Pantry items

Olive Oil, Soy Sauce, Plain Flour, Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with lid · Large frying pan · Small saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
baby broccoli	2 bunches	4 bunches
lime	½	1
garlic	½ clove	1 clove
ginger	1 knob	2 knobs
sesame seeds	1 sachet	2 sachets
soy sauce*	1 tsp	2 tsp
plain flour*	2 tbs	½ cup
barramundi	1 packet	1 packet
coconut milk	1 tin (165ml)	1 tin (400ml)
sugar*	2 tsp	1 tbs
fish sauce & rice vinegar mix	1 tub (40g)	2 tubs (80g)
coriander	1 bag	1 bag
long red chilli (optional)	½	1
roasted peanut cashew mix	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3603kJ (861Cal)	613kJ (146Cal)
Protein (g)	50.4g	8.6g
Fat, total (g)	34.4g	5.9g
- saturated (g)	13.4g	2.3g
Carbohydrate (g)	78.1g	13.3g
- sugars (g)	8.4g	1.4g
Sodium (mg)	1562mg	266mg

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.

Fancy a Drop?

We recommend pairing this meal with Dry Riesling or Sauvignon Blanc

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Cook the rice

In a medium saucepan, add the **water** and the **salt** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



Cook the barramundi

Wipe out the frying pan with paper towel. Combine the **lime zest** and **plain flour** on a plate and season with **salt** and **pepper**. Add the **barramundi** and turn to coat in the **flour mixture**. Return the frying pan to a medium-high heat with a good drizzle of **olive oil**. When the oil is hot, cook the **barramundi**, skin-side down first, until golden and just cooked through, **3-4 minutes** each side (depending on thickness).

TIP: The fish is cooked through when it turns from translucent to white.



Get prepped

While the rice is cooking, slice the **baby broccoli** in half lengthways. Zest the **lime** to get a good pinch, then slice into wedges. Finely grate the **garlic** (see ingredients). Finely grate the **ginger** until you have 1 tsp for 2 people / 2 tsp for 4 people.



Make the coconut sauce

While the barramundi is cooking, combine the **coconut milk**, **garlic**, **ginger**, **sugar** and **fish sauce & rice vinegar mix** in a small saucepan over a medium-high heat. Cook, stirring occasionally, until the sauce is heated through and the garlic has lost its raw flavour, **3-4 minutes**. Roughly chop the **coriander**. Thinly slice the **long red chilli** (if using).



Cook the baby broccoli

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **baby broccoli** and a dash of **water** and cook, tossing, until just tender, **4-5 minutes**. Add the **sesame seeds** and cook until toasted, **2 minutes**. Add the **soy sauce** and cook for **1 minute**. Transfer to a plate and cover to keep warm.



Serve up

Divide the rice and baby broccoli between bowls. Top with the barramundi and spoon over the Thai coconut sauce. Garnish with the coriander, chilli (if using) and **roasted cashew peanut mix**. Serve with the lime wedges.

Enjoy!