



Salt & Pepper Barramundi

with Green Beans, Soy-Ginger Sauce & Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Green Beans



Barramundi



Black Peppercorns



Cornflour



Ginger Paste



Herbs



Malaysian Tofu

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **25-35 mins**
Ready in: **30-40 mins**



Naturally Gluten-Free*

Not suitable for coeliacs

**Custom recipe is not gluten-free*



Eat Me First



CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Honey

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 a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
butter*	20g	40g
green beans	1 small bag	1 medium bag
barramundi	1 medium packet	1 large packet
black peppercorns	1 large sachet	2 large sachets
cornflour	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
soy sauce* (or gluten-free tamari soy sauce)	2 tbs	¼ cup
honey*	1 tbs	2 tbs
ginger paste	1 medium packet	1 large packet
herbs	1 bag	1 bag
Malaysian tofu**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2825kJ (675Cal)	767kJ (183Cal)
Protein (g)	35.2g	9.6g
Fat, total (g)	20.5g	5.6g
- saturated (g)	8.8g	2.4g
Carbohydrate (g)	84.2g	22.9g
- sugars (g)	7.6g	2.1g
Sodium (mg)	1099mg	299mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2736kJ (654Cal)	834kJ (199Cal)
Protein (g)	23.9g	7.3g
Fat, total (g)	19.8g	6g
- saturated (g)	7.1g	2.2g
Carbohydrate (g)	90.2g	27.5g
- sugars (g)	13.4g	4.1g
Sodium (mg)	1341mg	409mg

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.

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

2022 | CW17



1 Cook the rice

Add the **water** to a medium saucepan and bring to the boil. Add **jasmine rice** and a pinch of **salt**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from heat. Keep covered until rice is tender and the water is absorbed, **10-15 minutes**. Stir the **butter** through the rice.

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



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**.

CUSTOM RECIPE

Return frying pan to medium-high heat with a drizzle of olive oil. Cook tofu, tossing, until browned, 3-4 minutes.



2 Get prepped

While rice is cooking, trim **green beans** and cut into thirds. Cut **barramundi** into 2cm chunks. Crush **black peppercorns** with a pestle and mortar, or in their sachet with a rolling pin. In a medium bowl, combine **cornflour**, **crushed peppercorns** and the **salt**. Add **barramundi**, tossing to coat. In a small bowl, combine the **soy sauce**, **honey** and **ginger paste**.

CUSTOM RECIPE

If you've swapped to Malaysian tofu, cut tofu into 2cm chunks. Add to the bowl with corn flour, peppercorns and the salt. Toss to coat.



5 Bring it all together

Return **green beans** to pan. Add **soy-ginger mixture** and cook, tossing to coat, until heated through, **30 seconds**.



3 Cook the green beans

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans**, tossing regularly, until tender, **4-5 minutes**. Transfer to a bowl.



6 Serve up

Divide rice between bowls. Top with salt and pepper barramundi and green beans, spooning over any remaining soy-ginger sauce from the pan. Tear over **herbs** to serve.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

