



Salt & Pepper Barramundi

with Asian Greens, Soy-Ginger Sauce & Rice

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Jasmine Rice



Asian Greens



Spring Onion



Black Peppercorns



Cornflour



Barramundi



Ginger Paste



Chicken Breast

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

Eat Me First

With its firm texture and slightly buttery flavour, barramundi stands up perfectly to the salt and pepper coating in this Asian-style dish. Team with crisp green beans and a zingy sauce, plus jasmine rice to soak it all up.

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
Asian greens	1 bag	2 bags
spring onion	1 stem	2 stems
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* <i>(or gluten free tamari soy sauce)</i>	2 tbs	¼ cup
honey*	1 tbs	2 tbs
ginger paste	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2833kJ (677Cal)	770kJ (184Cal)
Protein (g)	35g	9.5g
Fat, total (g)	20.5g	5.6g
- saturated (g)	8.7g	2.4g
Carbohydrate (g)	83.7g	22.7g
- sugars (g)	7.7g	2.1g
Sodium (mg)	1090mg	296mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2747kJ (657Cal)	699kJ (167Cal)
Protein (g)	41g	10.4g
Fat, total (g)	15.4g	3.9g
- saturated (g)	7.2g	1.8g
Carbohydrate (g)	83.4g	21.2g
- sugars (g)	7.7g	2g
Sodium (mg)	1100mg	280mg

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.

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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!



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 a high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when it's no longer pink inside), 5-6 minutes.



Get prepped

- While rice is cooking, roughly chop **Asian greens**. Thinly slice **spring onion** and set aside. 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 chicken breast, cut chicken breast into 2cm chunks. Combine with ingredients as above.



Bring it all together

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



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **Asian greens**, tossing, until fragrant and wilted, **1-2 minutes**. Transfer to a bowl and cover to keep warm.



Serve up

- Divide rice between bowls. Top with salt and pepper barramundi, spooning over any remaining soy-ginger sauce from the pan. Sprinkle with spring onion to serve. Enjoy!

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