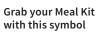


Salt & Pepper Barramundi

with Asian Greens, Soy-Ginger Sauce & Rice

TAKEAWAY FAVES

CLIMATE SUPERSTAR











Spring Onion



Black Peppercorns





Barramundi

Cornflour



Ginger Paste





Prep in: 25-35 mins Ready in: 30-40 mins With its firm texture and slightly buttery flavour, barramundi stands up perfectly to the S&P coating in this Asian-style dish. Team with leafy Asian greens and a zingy sauce, plus jasmine rice to soak it all up.



Eat Me First

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 lid · Large frying pan

Ingredients

ingi calcino				
	2 People	4 People		
olive oil*	refer to method	refer to method		
water*	1 1/4 cups	2 ½ 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*	1/4 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		
chicken breast**	1 small packet	1 large packet		
*Pantry Items **Custom Recipe Ingredient				

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2780kJ (664Cal)	755kJ (180Cal)
Protein (g)	34.5g	9.4g
Fat, total (g)	19.4g	5.3g
- saturated (g)	8.3g	2.3g
Carbohydrate (g)	83.7g	22.7g
- sugars (g)	7.7g	2.1g
Sodium (mg)	1084mg	294mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW09





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: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when 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 using 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, the honey and ginger paste.

TIP: Remove barramundi skin with a sharp knife before combining with cornflour, if you prefer!

Custom Recipe: If you've swapped to chicken breast, cut chicken breast into 2cm chunks. Combine with spices as above.



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.



Bring it all together

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



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!

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate