

Seared Sesame Barramundi Bowl

with Veggies, Pickled Onion & Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Red Onion



Carrot



Zucchini





Cucumber



Barramundi



Sesame Dressing

 Hands-on: **25-35 mins**
 Ready in: **30-40 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

 **1** Eat Me First

Cook up a rainbow for dinner with this beautiful barramundi bowl! With crisp veggies, tender fish, zingy pickled onion and a sublime sesame dressing, you'll be in seventh heaven from the first bite to the last.

Pantry items

Olive Oil

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*	1 ¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
red onion	½	1
carrot	1	2
zucchini	1	2
cucumber	1	2
barramundi	1 medium packet	1 large packet
sesame dressing	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2750kJ (657Cal)	493kJ (117Cal)
Protein (g)	35.9g	6.4g
Fat, total (g)	21.7g	3.9g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	74.2g	13.3g
- sugars (g)	11.1g	2g
Sodium (mg)	361mg	65mg

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.



Cook the rice

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

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



Pickle the onion

While the rice is cooking, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add to the **pickling liquid**. Add enough **water** to just cover the **onion**, then set aside.



Get prepped

Thinly slice the **carrot** and **zucchini** into rounds. Thinly slice the **cucumber** into rounds and set aside.



Cook the veggies

In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Cook the **carrot** and **zucchini**, tossing, until tender, **5-6 minutes**. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



Cook the barramundi

Return the pan to a medium-high heat with a drizzle of **olive oil**. Pat the **barramundi** dry with paper towel and season with **salt** and **pepper**. When the oil is hot, cook the **barramundi** until just cooked through, **3-4 minutes** each side.

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



Serve up

Drain the pickled onion. Divide the rice between bowls. Top with sautéed veggies, cucumber and seared barramundi. Sprinkle with the pickled onion. Drizzle with the **sesame dressing** to serve.

Enjoy!

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