



Japanese-Style Barramundi Bowl

with Pickled Cucumber & Sesame Dressing

Grab your Meal Kit with this symbol



Jasmine Rice



Cucumber



Carrot



Zucchini



Red Onion



Garlic



Barramundi



Sesame Dressing

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

Eat Me First

Complete with crisp sautéed veggies, zingy pickled cucumber and a creamy sesame dressing to bring it all together, cook up a rainbow for dinner with this beautiful barramundi bowl!

Pantry items

Olive Oil, Rice Wine Vinegar (or White Wine Vinegar), Soy Sauce

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* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
cucumber	1	2
rice wine vinegar* (or white wine vinegar)	¼ cup	½ cup
carrot	1	2
zucchini	1	2
red onion	½	1
garlic	1 clove	2 cloves
soy sauce*	1 tsp	2 tsp
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)	2728kJ (652Cal)	527kJ (126Cal)
Protein (g)	35.1g	6.8g
Fat, total (g)	21.6g	4.2g
- saturated (g)	4.4g	0.9g
Carbohydrate (g)	73.8g	14.3g
- sugars (g)	11.2g	2.2g
Sodium (mg)	340mg	66mg

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

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



Pickle the cucumber

While rice is cooking, thinly slice **cucumber** into rounds. In a medium bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Add **cucumber** to **pickling liquid**. Add enough **water** to just cover **cucumber**. Set aside.

TIP: Slicing the cucumber very thinly helps it pickle faster!



Get prepped

Thinly slice **carrot** and **zucchini** into rounds. Thinly slice **red onion** (see ingredients). Finely chop **garlic**.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, **carrot** and **zucchini**, tossing, until tender, **4-5 minutes**. Add **garlic** and the **soy sauce** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



Cook the barramundi

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

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



Serve up

Drain pickled cucumber. Divide rice between bowls. Top with sautéed veggies and barramundi. Garnish with pickled cucumber. Drizzle with **sesame dressing** to serve.

Enjoy!

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