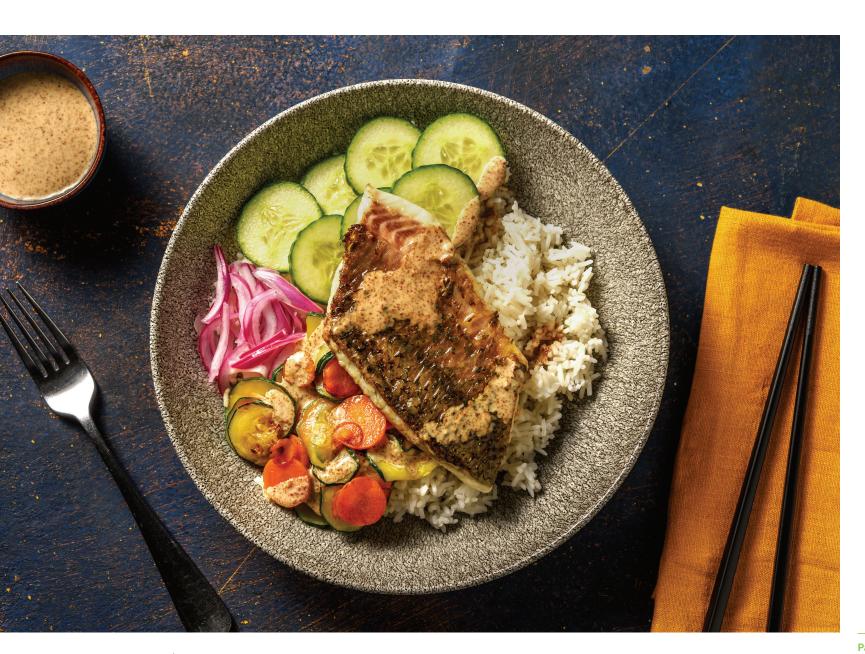


Japanese-Style Barramundi Bowl with Pickled Cucumber & Sesame Dressing

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Carrot





Red Onion





Sesame Dressing

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 \cdot 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) | ¹⁄₄ cup | ½ cup |
| carrot | 1 | 2 |
| zucchini | 1 | 2 |
| red onion | 1/2 | 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 |

ingredient, please be aware allergens may have changed.

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



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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