



Japanese-Style Barramundi & Veggies

with Creamy Sesame Dressing & Garlic Rice

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Green Beans



Asian Greens



Brown Onion



Barramundi



Sesame Dressing

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me First

Complete with crisp and colourful garlic-soy veggies, and a bed of fragrant jasmine rice to soak up all the beautiful flavours, fish fans will be all for this seared barramundi bowl.

Pantry items

Olive Oil, Butter, 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
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
brown onion	½	1
soy sauce*	1 tsp	2 tsp
barramundi	1 medium packet	1 large packet
sesame dressing	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3060kJ (731Cal)	598kJ (142Cal)
Protein (g)	36.4g	7.1g
Fat, total (g)	30.2g	5.9g
- saturated (g)	9.9g	1.9g
Carbohydrate (g)	74.2g	14.5g
- sugars (g)	10.4g	2g
Sodium (mg)	488mg	95mg

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.

1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** and bring 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 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!

4



Flavour the veggies

- To frying pan, add **Asian greens**, remaining **garlic** and the **soy sauce**. Cook until fragrant and wilted, **1-2 minutes**.
- Season with **salt** and **pepper**.
- Transfer **veggies** to a plate. Cover to keep warm.

2



Prep the veggies

- While rice is cooking, thinly slice **carrot**.
- Trim and halve **green beans**. Roughly chop **Asian greens**.
- Thinly slice **brown onion** (see ingredients).

5



Cook the barramundi

- Return pan to medium-high heat with a drizzle of **olive oil**. Pat **barramundi** dry with paper towel and season both sides.
- When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **5 minutes** each side (depending on thickness).

TIP: Patting the skin dry helps it crisp up in the pan!

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

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot**, **green beans** and **onion**, tossing, until tender, **4-5 minutes**.

6



Serve up

- Divide Japanese-style barramundi, veggies and rice between plates.
- Drizzle with **sesame dressing** to serve. Enjoy!

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