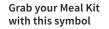


# Japanese-Style Barramundi & Veggies with Creamy Sesame Dressing & Garlic Rice

CLIMATE SUPERSTAR











Green Beans

Carrot





**Brown Onion** 

Asian Greens



Barramundi



Sesame Dressing



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	1/2	1
soy sauce*	1 tsp	2 tsp
barramundi	1 medium packet	1 large packet
sesame dressing	1 medium packet	1 large packet

<sup>\*</sup>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.



# 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!



# 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).



# 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.



### 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.



#### 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.



### Serve up

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



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