



SICHUAN-GLAZED BARRAMUNDI

with Chilli-Garlic Rice & Soy Greens



Make a Sichuan glaze



Garlic



Long Red Chilli (Optional)



Basmati Rice



Broccoli



Green Beans



Barramundi



Sichuan Garlic Paste

Pantry Staples: Olive Oil, Butter, Soy Sauce

Hands-on: **20-30** mins
Ready in: **30-40** mins

Spicy (optional long red chilli)

Eat me first

Low calorie

We've dialed down the heat found in traditional Sichuan cooking but kept the tasty garlic and umami flavours, creating an easy-to-eat sauce that makes succulent barramundi shine.

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



1 COOK THE CHILLI-GARLIC RICE

Finely chop the **garlic** (or use a garlic press). Finely chop the **long red chilli** (if using). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the **garlic** and **chilli** (if using) and cook until fragrant, **1-2 minutes**. Add the **water (for the rice)**, **basmati rice** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



2 PREP THE VEGGIES

While the rice is cooking, cut the **broccoli** into small florets and roughly chop the stalk. Trim and halve the **green beans**.



3 COOK THE VEGGIES

Heat a medium frying pan over a medium-high heat. Add the **broccoli** and then a **splash of water** and cook, stirring, until softened and the water has evaporated, **3 minutes**. Add a **drizzle of olive oil** and the **green beans**. Cook until tender, **4-5 minutes**. Add the **soy sauce** and stir to coat, then transfer to a medium bowl and cover to keep warm.



4 COOK THE BARRAMUNDI

Return the pan to a medium-high heat with a **drizzle of olive oil**. Season the **barramundi** on both sides with **salt** and **pepper** and add to the pan. Cook until just cooked through, **2-4 minutes** each side.



5 GLAZE THE BARRAMUNDI

Remove the pan from the heat and pour the **Sichuan garlic paste** and **water (for the sauce)** over the **barramundi**. Turn to coat.



6 SERVE UP

Divide the chilli-garlic rice between bowls and top with the Sichuan-glazed barramundi and green veggies. Spoon over any excess glaze from the pan. **TIP:** For the low-calorie option, serve with 1/2 the rice.

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
long red chilli (optional)	1	2
butter*	20g	40g
water* (for the rice)	1 ½ cups	3 cups
basmati rice	1 packet	2 packets
salt*	¼ tsp	½ tsp
broccoli	1 head	2 heads
green beans	1 bag (100g)	1 bag (200g)
soy sauce*	2 tsp	1 tbs
barramundi	1 packet	2 packets
Sichuan garlic paste	1 tub (80g)	2 tubs (160g)
water* (for the sauce)	1 tbs	2 tbs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (547Cal)	504kJ (120Cal)
Protein (g)	46.0g	10.1g
Fat, total (g)	12.8g	2.8g
- saturated (g)	3.7g	0.8g
Carbohydrate (g)	56.0g	12.3g
- sugars (g)	11.1g	2.4g
Sodium (g)	1290mg	284mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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2019 | WK52



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