



Sichuan-Glazed Barramundi

with Garlic Rice & Soy Greens

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Broccoli



Green Beans



Barramundi



Sichuan Garlic Paste

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

 Eat Me First

We've dialled down the heat found in traditional Sichuan cooking but kept the tasty garlic and umami flavours, creating a crowd-pleasing sauce that makes succulent barramundi shine.

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	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
broccoli	1 head	2 heads
green beans	1 small bag	1 medium bag
soy sauce*	1 tbs	2 tbs
barramundi	1 medium packet	1 large packet
Sichuan garlic paste	1 packet	2 packets
water* (for the sauce)	1 tbs	2 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3175kJ (759Cal)	619kJ (148Cal)
Protein (g)	42.9g	8.4g
Fat, total (g)	29.3g	5.7g
- saturated (g)	9.8g	1.9g
Carbohydrate (g)	74.7g	14.6g
- sugars (g)	11.4g	2.2g
Sodium (mg)	1073mg	209mg

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, melt the **butter** with a dash of **olive oil** over a medium heat. Cook **garlic** until fragrant, **1-2 minutes**. Add **basmati rice**, the **water (for the rice)** and a pinch of **salt**. Bring to the boil, then reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat. Keep covered until rice is tender and the water is absorbed, **10 minutes**.

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



Prep the veggies

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



Cook the veggies

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



Cook the barramundi

Return pan to medium-high heat with a drizzle of **olive oil**. Season **barramundi** on both sides with **salt** and **pepper**. When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **2-4 minutes** each side.

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



Glaze the barramundi

Remove pan from heat. Add **Sichuan garlic paste** and the **water (for the sauce)**. Gently turn **barramundi** to coat.



Serve up

Divide garlic rice between bowls. Top with Sichuan-glazed barramundi and soy greens. Spoon over any extra glaze from the pan to serve.

Enjoy!

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