

Soy & Ginger Barramundi

with Roast Veggie Salad

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Garlic



Baby Spinach Leaves



Ginger Paste



Barramundi

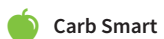


Mayonnaise

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 35-45 mins



Carb Smart

Eat Me First

Take barramundi to the next level with a simple-but-super Asian-style marinade. Serve with a warm roast veggie salad and you have yourself a lovely low carb dish!

Pantry items

Olive Oil, Soy Sauce (or gluten-free tamari soy sauce), Brown Sugar, White Wine Vinegar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
beetroot	1	2
garlic	1 clove	2 cloves
ginger paste	1 medium packet	1 large packet
soy sauce* (or <i>gluten-free tamari soy sauce</i>)	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
white wine vinegar*	drizzle	drizzle
barramundi	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1948kJ (466Cal)	394kJ (94Cal)
Protein (g)	704g	142.5g
Fat, total (g)	22.2g	4.5g
- saturated (g)	4g	0.8g
Carbohydrate (g)	30.6g	6.2g
- sugars (g)	18.8g	3.8g
Sodium (mg)	710mg	144mg
Dietary Fibre (g)	9g	1.8g

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



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks. Cut **beetroot** into small chunks. Place on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Bake until tender, **25-30 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

4



Add the sauce

- Remove pan from heat.
- Add **soy-ginger mixture**, carefully turning **barramundi** until well coated.

TIP: The residual heat in the pan will cook the sauce!

2



Get prepped

- Meanwhile, finely chop **garlic**.
- In a small bowl, combine **ginger paste**, **garlic**, the **soy sauce**, the **brown sugar** and a drizzle of **white wine vinegar**.

3



Cook the barramundi

- When the veggies have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Season both sides of **barramundi**.
- When oil is hot, cook **barramundi**, skin-side down first, until just cooked through, **3-4 minutes** each side (depending on thickness)

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

5



Toss the veggies

- Add **baby spinach leaves** and **mayonnaise** to the roast **veggie** tray.
- Toss to combine. Season to taste.

TIP: Toss the veggies on the oven tray to save on washing up!

6



Serve up

- Divide soy and ginger barramundi and roast veggie salad between plates.
- Spoon any remaining pan juices over the barramundi to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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