



Everything
But The Chef

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Pan-Seared Barramundi with Stir-Fried Greens

Barramundi is such a beautiful robust fish so it can take a serious whack of seasoning. Sesame oil, sesame seeds and fresh ginger fit the bill nicely, with loads of fresh greens of course. The trick to having a perfectly crispy skin that stays on the barramundi and doesn't end up stuck in the pan, is to ensure the pan is searing hot. You can reduce the heat afterwards if you'd like it to cook more slowly, but keep the pan very hot to begin with.

Prep: 10 mins
Cook: 15 mins
Total: 25 mins

lactose free
 seafood first

level 1
 high protein
 gluten free †

Pantry Items



Water



Sesame Oil



Soy Sauce



Jasmine Rice



Barramundi



Ginger



Birdseye Chilli



Broccoli



Snow Peas



Lime



Sesame Seeds

2P	4P	Ingredients
⅔ cup	1 ⅓ cups	Jasmine rice
1 ½ cups	3 cups	water *
2 fillets	4 fillets	barramundi
2 tsp	1 tbs	sesame oil *
1 knob	2 knobs	ginger, peeled & finely grated
1	2	birdseye chilli, deseeded & sliced
½ head	1 head	broccoli, cut into small florets
100 g	200 g	snow peas, destringed & trimmed
1 tsp	2 tsp	salt-reduced soy sauce *
½	1	lime, juiced
2 tsp	1 tsp	sesame seeds

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	1360	Kj
Protein	38.1	g
Fat, total	7.6	g
-saturated	1.4	g
Carbohydrate	23.7	g
-sugars	2.4	g
Sodium	198	mg

Measuretool

0 cm	1 cm	2 cm

† To ensure this is a gluten free recipe, please check that your sauces & condiments are gluten free.



You will need: chef's knife, chopping board, fine grater, sieve, medium saucepan, medium frying pan, plate, aluminium foil, and paper towel.

1 Place the **Jasmine rice** in a sieve and rinse under cold water until the water runs clear. Drain. Place in a medium saucepan with the **water** and bring to the boil over a high heat. Reduce to a medium-low heat and cover with a lid. Cook for **10-12 minutes** or until the water has been absorbed and the rice is tender.

2 Meanwhile, season the **barramundi** with **salt** and **pepper**. Heat a dash of olive oil in a medium frying pan over a medium-high heat. Add the barramundi skin side down and cook for **3 minutes**. Turn and cook for a further **3 minutes** or until the fish is cooked through. Transfer to a plate and cover with foil to keep warm. Wipe the pan clean with paper towel.

3 Place the same frying pan over a medium heat. Add the **sesame oil**, **ginger** and **chilli** and cook, stirring, for **1 minute**. Add the **broccoli**, **snow peas** and **soy sauce** and stir-fry for **2 minutes** or until just tender. Squeeze in the **lime juice**, stir through the **sesame seeds** and remove from the heat.

4 To serve, divide the rice, barramundi and stir-fried vegetables between plates. Garnish with any remaining sesame seeds.



Did you know? Almost all barramundi fish are born male, then change into females at age 3!