



Salt & Pepper Barramundi Rice Bowl

with Carrots, Asian Greens & Soy-Ginger Sauce

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR

Grab your meal kit with this number

36



White Rice



Asian Greens



Carrot



Barramundi



Cornflour



Ginger Paste



Chicken Breast



Barramundi

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early

With its firm texture and slightly buttery flavour, barramundi stands up perfectly to the S&P coating in this Asian-style dish. Team with leafy Asian greens and a zingy sauce, plus fluffy rice to soak it all up.

Pantry items

Olive Oil, Butter, Cracked Black Pepper, Soy Sauce, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
white rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
butter*	20g	40g
Asian greens	1 packet	2 packets
carrot	1	2
barramundi	1 medium packet	2 medium packets OR 1 large packet
cornflour	1 medium sachet	1 large sachet
cracked black pepper*	2 tsp	4 tsp
salt*	¼ tsp	½ tsp
soy sauce*	2 tbs	¼ cup
honey*	1 tbs	2 tbs
ginger paste	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2794kJ (668Cal)	684kJ (163Cal)
Protein (g)	32.9g	8.1g
Fat, total (g)	22.2g	5.4g
- saturated (g)	9.5g	2.3g
Carbohydrate (g)	82.1g	20.1g
- sugars (g)	12g	2.9g
Sodium (mg)	1093mg	267mg
Dietary Fibre (g)	20.4g	5g

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



Cook the rice

- Rinse and drain **white rice**.
- Add the **water** to a medium saucepan and bring to the boil. Add **rice** and a pinch of **salt**.
- Stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove pan from heat. Keep covered until rice is tender and the water is absorbed, **10 minutes**. Stir the **butter** through the rice.

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

2



Get prepped

- While the rice is cooking, roughly chop **Asian greens**. Thinly slice **carrot** into sticks.
- Cut **barramundi** into 2cm chunks.
- In a medium bowl, combine **cornflour**, the **cracked black pepper** and the **salt**. Add **barramundi**, tossing to coat.
- In a small bowl, combine the **soy sauce**, the **honey** and **ginger paste**.

TIP: Remove barramundi skin with a sharp knife before combining with cornflour, if you prefer!

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until tender, **4-5 minutes**.
- In the last **2 minutes** of cook time, add **Asian greens** and cook, tossing, until fragrant and wilted, **1-2 minutes**.
- Transfer to a bowl and cover to keep warm.

4



Cook the barramundi

- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, shake excess **flour** off barramundi, then cook **barramundi**, turning occasionally, until golden and just cooked through, **4-6 minutes**.

5



Bring it all together

- Return **carrot** and **Asian greens** to the pan.
- Add **soy-ginger mixture** and cook, tossing to coat, until heated through, **30 seconds**.

6



Serve up

- Divide rice between bowls.
- Top with salt and pepper barramundi, spooning over any remaining soy-ginger sauce from the pan to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Follow method above, cooking in batches if necessary.



DOUBLE BARRAMUNDI

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

