



Japanese-Style Barramundi Bowl

with Pickled Onion & Toasted Sesame Dressing

Grab your Meal Kit with this symbol



Jasmine Rice



Red Onion



Lime



Carrot



Asian Greens



Cucumber



Sesame Seeds



Mayonnaise



Barramundi



Crushed Peanuts

Hands-on: 25-35 mins
Ready in: 30-40 mins

Low Calorie

Eat me first

Cook up a rainbow for dinner with this beautiful barramundi bowl! With crisp veggies, tender fish, pickled onion and a sublime sesame dressing, you'll be in seventh heaven from the first bite to the last.

Pantry items

Olive Oil, Rice Wine Vinegar (or White Wine Vinegar), Sesame Oil (or Oil), Soy Sauce, Sugar

Before you start

Our fruit and veggies need a little wash first!

You will need

Medium saucepan with a lid · Medium frying pan

Ingredients

| | 2 People | 4 People |
|---|-------------------|--------------------|
| olive oil* | refer to method | refer to method |
| water* | 1¼ cups | 2½ cups |
| jasmine rice | 1 packet | 2 packets |
| red onion | ½ | 1 |
| rice wine vinegar* (or white wine vinegar) | ¼ cup | ½ cup |
| lime | ½ | 1 |
| carrot | 1 | 2 |
| Asian greens | 1 bunch | 2 bunches |
| cucumber | 1 | 2 |
| sesame seeds | 2 sachets | 4 sachets |
| mayonnaise | 1 packet (40g) | 2 packets (80g) |
| sesame oil* (or oil) | 2 tsp | 1 tbs |
| soy sauce* | 1½ tsp | 3 tsp |
| sugar* | 1 tsp | 2 tsp |
| barramundi | 1 packet | 2 packets |
| crushed peanuts | 1 packet | 2 packets |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2260kJ (539Cal) | 469kJ (112Cal) |
| Protein (g) | 38.4g | 8.0g |
| Fat, total (g) | 23.1g | 4.8g |
| - saturated (g) | 3.1g | 0.6g |
| Carbohydrate (g) | 42.9g | 8.9g |
| - sugars (g) | 9.6g | 2.0g |
| Sodium (g) | 317mg | 66mg |

Allergens

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



1. Cook the rice

In a medium saucepan, bring the **water** to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove from the heat and set aside, covered, until the rice is tender and the water is absorbed, **10-15 minutes**. Season with **salt** and **pepper**.

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



2. Pickle the onion

While the rice is cooking, thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar**, a **generous pinch of salt** and a **generous pinch of sugar**. Scrunch the **onion** in your hands, then add to the pickling liquid. Add enough **water** to cover. Stir to coat, then set aside.



3. Prep the veggies

While the onion is pickling, slice the **lime** (see ingredients list) into wedges. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Thinly slice the **cucumber**.



4. Make the sesame dressing

Heat a medium frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Add the **mayonnaise**, **sesame oil**, **soy sauce**, **sugar** and a **squeeze of lime juice**. Mix well and set aside.

TIP: The hot sesame seeds might sizzle in the sauce, this adds to the flavour!



5. Cook the veggies & fish

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **carrot**, then add a **splash of water** and cook until tender, **2-3 minutes**. Add the **Asian greens** and cook until wilted, **2 minutes**. Season with **salt** and **pepper** and transfer to a plate. Return the pan to a medium-high heat with a **drizzle of olive oil**. Pat the **barramundi** dry with paper towel and season with **salt** and **pepper**. Add to the pan, skin-side down, and cook until just cooked through, **2-4 minutes** (depending on thickness).



6. Serve up

Drain the pickled onion. Divide the rice between bowls and top with the barramundi, carrot, Asian greens and cucumber. Stir the sesame dressing until well combined and spoon over the top. Garnish with the **crushed peanuts** and pickled onion. Serve with any remaining lime wedges.

TIP: For the low-calorie option, serve with 1/2 the rice and 1/2 the sesame dressing.

Enjoy!