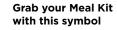


Japanese-Style Barramundi Bowl

with Pickled Onion & Toasted Sesame Dressing









Jasmine Rice



Carrot





Cucumber

Asian Greens



Sesame Seeds



Mayonnaise



Barramundi



Crushed Peanuts



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





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	1/2	1
rice wine vinegar* (or white wine vinegar)	⅓ cup	½ cup
lime	1/2	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



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, skinside 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!