



# Soy & Ginger Barramundi

with Roast Veggie Salad

Grab your Meal Kit with this symbol



Potato



Carrot



Brown Onion



Garlic



Ginger Paste



Barramundi



Baby Spinach Leaves

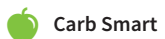


Mayonnaise



Chicken Breast

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



Carb Smart

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

Eat Me First

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Soy Sauce (or Gluten Free Tamari Soy Sauce), Brown Sugar, White Wine Vinegar

## Before you start

Wash your hands and any fresh food.

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

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
carrot	1	2
brown onion	1	2
garlic	1 clove	2 cloves
ginger paste	1 medium packet	1 large packet
<b>soy sauce*</b> (or <i>gluten free tamari soy sauce</i> )	1 tbs	2 tbs
<b>brown sugar*</b>	½ tbs	1 tbs
<b>white wine vinegar*</b>	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
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2006kJ (479Cal)	343kJ (82Cal)
Protein (g)	34.7g	5.9g
Fat, total (g)	21.1g	3.6g
- saturated (g)	3.6g	0.6g
Carbohydrate (g)	37g	6.3g
- sugars (g)	17.9g	3.1g
Sodium (mg)	667mg	114mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1964kJ (469Cal)	322kJ (77Cal)
Protein (g)	41.1g	6.7g
Fat, total (g)	16.9g	2.8g
- saturated (g)	2.5g	0.4g
Carbohydrate (g)	36.7g	6g
- sugars (g)	17.9g	2.9g
Sodium (mg)	682mg	112mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks. Cut **brown onion** into wedges. Place veggies on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



## 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!

**Custom Recipe:** Coat the chicken in the same way as the barramundi.



## Get prepped

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



## Toss the veggies

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

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



## 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.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Season. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded).



## Serve up

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

## Rate your recipe

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