



# THAI COCONUT BARRAMUNDI

with Rice & Stir-Fried Veggies



Use an Asian spice blend to flavour a coconut sauce



Basmati Rice



Broccoli



Carrot



Garlic



Brown Onion



Coriander



Barramundi



Southeast Asian Spice Blend




Coconut Milk



Crushed Peanuts

Hands-on: **30-40** mins  
Ready in: **35-45** mins

 Eat me first

 Naturally gluten-free  
*Not suitable for Coeliacs*

This delicate fish curry is like a golden sunset in a bowl. Coconut milk adds a velvety richness and our Southeast Asian spice blend gives it an irresistible flavour.

**Pantry Staples:** Olive Oil, Soy Sauce (Or Gluten-Free Tamari Soy Sauce), Brown Sugar



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



### 1 COOK THE RICE

In a medium saucepan, add the **water** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



### 2 GET PREPPED

Cut the **broccoli** into small florets. Cut the **carrot** (unpeeled) into thin half-moons. Finely chop the **garlic** (or use a garlic press). Finely chop the **brown onion**. Roughly chop the **coriander**.



### 3 COOK THE VEGGIES

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. When the **oil** is hot, add the **broccoli**, **carrot**, a **generous pinch** of **salt** and **pepper**, then a **splash** of **water** and cook, stirring, until tender, **4-5 minutes**. Transfer to a medium bowl and cover to keep warm.



### 4 COOK THE BARRAMUNDI

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Season the **barramundi** on both sides with a **pinch** of **salt** and **pepper**. Add to the pan and cook until just cooked through, **2-3 minutes** each side.

💡 **TIP:** The barramundi is cooked through when the centre turns from translucent to white. Transfer to a plate and cover with foil to keep warm.



### 5 MAKE THE SAUCE

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **onion** and a **generous pinch** of **salt** and cook, stirring, until softened, **3-4 minutes**. Add the **Southeast Asian spice blend** (see **ingredients list**) and **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **coconut milk**, **soy sauce** and **brown sugar** and bring to the boil. Simmer until thickened, **2 minutes**.



### 6 SERVE UP

Divide the rice between bowls and top with the barramundi and vegetables. Spoon over the coconut sauce and sprinkle with the coriander and **crushed peanuts**.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 packet	2 packets
broccoli	1 head	2 heads
carrot	1	2
garlic	2 cloves	4 cloves
brown onion	1	2
coriander	1 bag	1 bag
barramundi	1 packet	2 packets
Southeast Asian spice blend	½ sachet	1 sachet
coconut milk	1 box (200ml)	2 boxes (400ml)
soy sauce* (or gluten-free tamari soy sauce)	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
crushed peanuts	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3290kJ (786Cal)	506kJ (121Cal)
Protein (g)	47.7g	7.3g
Fat, total (g)	26.6g	4.1g
- saturated (g)	13.3g	2.0g
Carbohydrate (g)	79.3g	12.2g
- sugars (g)	13.7g	2.1g
Sodium (g)	568mg	87mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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