



TROPICAL SUNSET BARRAMUNDI

with Pineapple Scallion Salsa, Coconut Rice & Lime Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



2 | 4
Scallions



1 | 1
Lime



4 oz | 8 oz
Pineapple



½ Cup | 1 Cup
Jasmine Rice



1 | 2
Coconut Milk
Contains: Tree Nuts



10 oz | 20 oz
Barramundi
Contains: Fish



1 oz | 2 oz
Sweet Thai Chili
Sauce



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

HELLO

PINEAPPLE SCALLION SALSA

Tart lime juice binds this sweet and tangy topper together.

PREP: 10 MIN | COOK: 40 MIN | CALORIES: 770



SHAKE IT UP

Give your coconut milk a good shake before opening the container and adding to the pan; the cream might have solidified.

BUST OUT

- Peeler
- Strainer
- Zester
- Fine-mesh strainer
- Small pot
- Baking sheet
- Small bowl
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Sugar (½ tsp | 1 tsp)
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

HelloFresh.com



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Drain **pineapple**; roughly chop. Trim and thinly slice **scallions**. Zest and quarter **lime**.
- Place **rice** in a fine-mesh strainer and rinse until water runs clear.



4 COOK FISH

- Pat **barramundi*** dry with paper towels and season all over with **salt and pepper**.
- Heat a **large drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add barramundi, skin sides down, and cook until skin is crispy, 4-5 minutes. Flip and cook until fish is opaque and cooked through, 2-3 minutes more.
- Turn off heat; transfer to a plate. Wash out pan.



2 COOK RICE

- Thoroughly shake **coconut milk** in container before opening.
- In a small pot, combine ¼ cup coconut milk (**you'll use the rest later**), ½ cup **water**, **1 TBSP butter**, ½ tsp **sugar**, and a **big pinch of salt**. (**For 4 servings, use ½ cup coconut milk, 1 cup water, 2 TBSP butter, and 1 tsp sugar.**)
- Bring mixture to a boil, then stir in **rice**; cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



5 MAKE COCONUT SAUCE

- Return same pan to medium-high heat. Add **chili sauce** and **remaining coconut milk**. Bring to a simmer and cook until reduced by about half, 2-3 minutes.
- Remove from heat; stir in a **squeeze of lime juice** to taste.



3 ROAST CARROTS & MIX SALSA

- While rice cooks, toss **carrots** on a baking sheet with a **drizzle of oil, salt, and pepper**.
- Roast on top rack until golden brown and tender, 20-25 minutes.
- Meanwhile, in a small bowl, combine **pineapple, scallions**, and a **big squeeze of lime juice**. Season with **salt and pepper**.



6 FINISH & SERVE

- Fluff **rice** with a fork and season with **salt and pepper**.
- Toss **carrots** with **lime zest**.
- Divide rice, carrots, and **barramundi** between plates. Top fish with **coconut sauce** and **pineapple salsa**. Serve with any **remaining lime wedges** on the side.

*Barramundi is fully cooked when internal temperature reaches 145°.