



Baja Barramundi

with Yellow Rice

Family Friendly 30 Minutes



-  Barramundi
-  Salmon
-  Basmati Rice
-  Baby Tomatoes
-  Baby Spinach
-  Green Onions
-  Lime
-  Cilantro
-  Sour Cream
-  Mexican Seasoning



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO BARRAMUNDI

Mild, buttery, sustainable and high in omega-3s!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, zester, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Salmon	250 g	500 g
Basmati Rice	¾ cup	1 ½ cups
Baby Tomatoes	113 g	227 g
Baby Spinach	56 g	113 g
Green Onions	2	4
Lime	1	2
Cilantro	7 g	14 g
Sour Cream	3 tbsp	6 tbsp
Mexican Seasoning	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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1 Prep

Quarter **tomatoes**. Thinly slice **green onions**, keeping white and green parts separate. Roughly chop **cilantro**. Zest, then juice **half the lime**. Cut **remaining lime** into wedges. Roughly chop **spinach**.



4 Make crema

Add **sour cream**, **remaining lime juice** and **¼ tsp lime zest** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine. Stir in **water**, **½ tbsp** at a time, until **mixture** reaches a drizzling consistency.



2 Cook rice

Heat a medium pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), **green onion whites**, **rice** and **half the Mexican Seasoning**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



5 Cook barramundi

Pat **barramundi** dry with paper towels. Season with **salt** and **pepper**. Season **flesh sides** with **remaining Mexican Seasoning**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **barramundi**, skin-side down. Cook until skin is crispy, 4-5 min. Flip and cook until **barramundi** is opaque and cooked through, 2-3 min.**



3 Make salsa fresca

While **rice** cooks, add **tomatoes**, **cilantro**, **remaining green onions**, **½ tbsp oil** (dbl for 4 ppl) and **half the lime juice** to a medium bowl. Season with **salt** and **pepper**, then stir to combine.



6 Finish and serve

Fluff **rice** with a fork, then add **spinach**. Season with **salt** and **pepper**. Stir until **spinach** is wilted, 1 min. Divide **rice** between plates. Top with **barramundi** and **salsa fresca**. Drizzle with **crema** and squeeze over a **lime wedge**, if desired.

Dinner Solved!

CUSTOM RECIPE

If you've opted to get **salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **barramundi**.