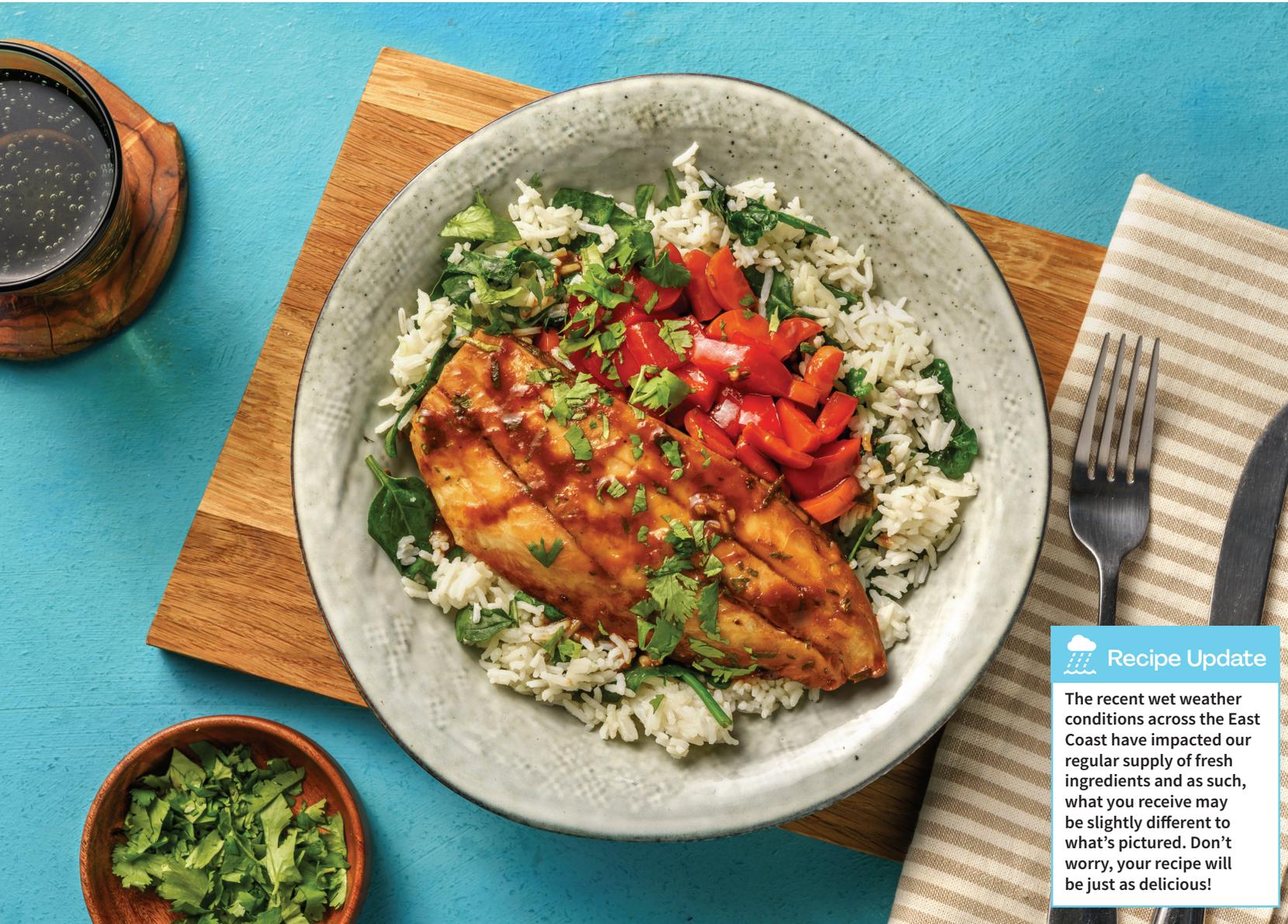




# Soy & Ginger Baked Barramundi

with Oyster Sauce Veggies & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Makrut Lime Leaves



Ginger Paste



Capsicum



Carrot



Barramundi



Oyster Sauce



Shredded Cabbage Mix



Coriander

### Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins  
Ready in: 35-45 mins

Eat Me First

You've never had barramundi like this before! Makrut lime leaves are the secret ingredient in the sauce, imparting a complex, citrusy flavour and aroma that works wonders with the ginger, soy and garlic, which the meaty fish soaks up beautifully.

### Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

**NOTE:** You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Oven tray with foil and baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1 ½ cups	3 cups
jasmine rice	1 medium packet	1 large packet
makrut lime leaves	2 leaves	4 leaves
soy sauce*	1 tbs	2 tbs
ginger paste	1 medium packet	1 large packet
capsicum	1	2
carrot	1	2
barramundi	1 medium packet	1 large packet
oyster sauce	1 packet (50g)	1 packet (100g)
brown sugar*	1 tsp	2 tsp
shredded cabbage mix	1 medium bag	1 large bag
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3046kJ (728Cal)	623kJ (149Cal)
Protein (g)	37g	7.6g
Fat, total (g)	25.4g	5.2g
- saturated (g)	9.5g	1.9g
Carbohydrate (g)	82.3g	16.8g
- sugars (g)	16.3g	16.8g
Sodium (mg)	1735mg	355mg

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.



## 1 Cook the garlic rice

Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **garlic**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** and bring 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. Keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



## 4 Cook the veggies

While the fish is baking, heat a drizzle of **olive oil** in a large frying pan over a high heat. Add the **carrot** and **capsicum** and cook, tossing, until lightly tender, **5-6 minutes**. Add the **shredded cabbage mix** and cook until softened, **2 minutes**. Remove from the heat. Stir in the **oyster sauce**, **brown sugar** and a pinch of pepper, until bubbling, **30 seconds**. Cover to keep warm.



## 2 Get prepped

While the rice is cooking, de-stem the **makrut lime leaves** and very finely chop. In a small bowl, combine the **makrut limes leaves**, **soy sauce**, **ginger paste**, remaining **garlic** and a pinch of **pepper**. Set aside. Cut the **capsicum** into bite-sized chunks. Thinly slice the **carrot** into half-moons.

**TIP:** Makrut lime leaves have a fibrous texture, so you want to cut them very finely!



## 5 Prep the garnish

Roughly chop the **coriander** leaves.

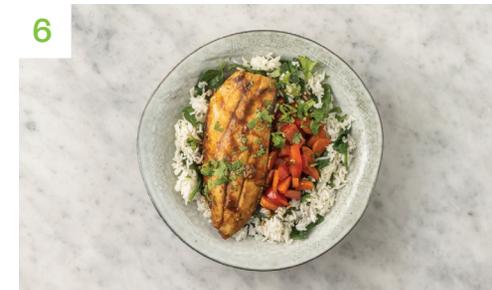


## 3 Bake the fish

Place a large (40cm) square of foil on an oven tray. Top with a square of baking paper the same size (you will need 2 squares for 2 people / 4 squares for 4 people). Place the **barramundi** in the centre of the square. Pour over the **sauce mixture**. Fold both layers of the square to create a parcel, then pinch the corners to seal. Bake until cooked through, **12-15 minutes**.

**TIP:** The fish will steam inside the foil parcels, so make sure you fold them tightly!

**TIP:** Barramundi is cooked when the centre turns from translucent to white.



## 6 Serve up

Divide the garlic rice between bowls. Top with the oyster sauce veggies and soy and ginger baked barramundi, spooning any juices over the bowl. Garnish with the coriander to serve.

## Enjoy!

## Rate your recipe

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