











# Calorie Smart Sesame Crusted Barramundi with Garlic Snow Peas and Butter Soy Sauce

Calorie Smart 30 Minutes



-  Barramundi
-  Sesame Seeds
-  Parboiled Rice
-  Soy Sauce Mirin Blend
-  Green Onions
-  Ginger
-  Garlic
-  Snow Peas

HELLO BARRAMUNDI

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

## Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, aluminum foil, medium pot, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Sesame Seeds	1 tbsp	2 tbsp
Parboiled Rice	¾ cup	1½ cup
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Ginger	30 g	30 g
Green Onions	2	4
Snow Peas	113 g	227 g
Garlic	3 g	6 g
Unsalted Butter*	1 tbsp	2 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 our meal kit labels for the most current allergen information.

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

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



### Cook rice

Bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. Add **rice** and **⅛ tsp salt** (dbl for 4 ppl). Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 15-18 min. Remove pot from heat, still covered, and let stand, 2-3 min.



### Cook snow peas

While **barramundi** cooks, heat the same pan over medium-high. Add **½ tbsp oil** (dbl for 4 ppl), then **snow peas**. Cook, stirring often until tender-crisp, 3-4 minutes. Season with **salt** and **pepper**. Add **half the garlic**. Cook, stirring often, until fragrant, 30 sec. Transfer **snow peas** to a plate and cover to keep warm. Carefully wipe pan clean.



### Prep

While **rice** cooks, peel, then mince or grate **garlic**. Smash **ginger** with a rolling pin or a heavy pot. Thinly slice **green onions**, keeping **green** and **white** parts separate. Trim **snow peas**. Pat **barramundi** dry with paper towels, then season with **salt** and **pepper**. Sprinkle **sesame seeds** evenly over the tops and sides only, then gently press to adhere. (**NOTE:** Avoid getting seeds on the skin-side.)



### Cook butter soy sauce

Heat the same pan over medium. Add **1 tbsp butter** (dbl for 4 ppl), then swirl to melt. Add **remaining garlic, ginger** and **white** parts of **green onions**. Cook, stirring occasionally, until **onions** soften, 1 min. Add **soy sauce mirin blend**. Bring to a boil and cook, until **sauce** slightly thickens, 1-2 min. Remove pan from heat. Carefully remove and discard **ginger**.



### Cook barramundi

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **barramundi**, skin-side down. Cook, until skin is golden-brown and crispy, 5-7 min. Transfer to a foil-lined baking sheet, skin-side down. Broil in the **middle** of the oven, until cooked through, 6-8 min.\*\* Carefully wipe pan clean.



### Finish and serve

Fluff **rice** with a fork, then divide between plates. Serve **barramundi** and **snow peas** alongside. Spoon **butter soy sauce** over everything. Sprinkle **remaining green onions** over top.

## Dinner Solved!