



# Calorie Smart Sesame-Crusted Barramundi

with Garlic Snow Peas and Butter Soy Sauce

Calorie Smart 30 Minutes



Barramundi



Sesame Seeds



Basmati Rice



Soy Sauce Mirin Blend



Ginger



Green Onions



Snow Peas



Garlic, cloves

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

## Start here

- Before starting, preheat the 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
Basmati Rice	¾ cup	1 ½ cups
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Ginger	30 g	30 g
Green Onions	2	2
Snow Peas	113 g	227 g
Garlic, cloves	1	2
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 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.*

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

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### Cook rice

Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil. Once boiling, add **rice**, then 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.



### Cook snow peas

While **barramundi** broils, heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **snow peas**. Cook, stirring often, until tender-crisp, 4-5 min. 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 the 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. When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan to melt. Add **remaining garlic, ginger** and **green onion whites**. Cook, stirring occasionally, until **onions** soften, 1 min. Add **soy sauce mirin blend**. Bring to a boil and cook until **sauce** thickens slightly, 1-2 min. Remove the 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 **barramundi** to a foil-lined baking sheet, skin-side down. Broil in the **middle** of the oven until cooked through, 6-8 min.\*\* Carefully wipe the 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!