



# Calorie Smart Spicy Barramundi Curry

with Coconut Milk

Spicy

Calorie Smart

30 Minutes



Barramundi



Coconut Milk



Cumin-Turmeric  
Spice Blend



Fennel Seeds



Ginger



Carrot



Chili Pepper



Red Onion



Cilantro



Basmati Rice



Soy Sauce



Mild Curry Paste

HELLO BARRAMUNDI

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

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, vegetable peeler, measuring spoons, medium pot, parchment paper, measuring cups, large pot, paper towels

## Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Coconut Milk	165 ml	400 ml
Cumin-Turmeric Spice Blend	3 tsp	6 tsp
Fennel Seeds	1 tsp	2 tsp
Ginger	30 g	30 g
Carrot	170 g	340 g
Chili Pepper 🌶️	1	2
Red Onion	56 g	113 g
Cilantro	7 g	14 g
Basmati Rice	½ cup	1 cup
Soy Sauce	1 tbsp	2 tbsp
Mild Curry Paste	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.*

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## Roast barramundi

Pat **barramundi** dry with paper towels, then season with **salt** and **pepper**. Add **barramundi** to a parchment-lined baking sheet. Drizzle **½ tsp oil** over **each fillet**. Roast in the **middle** of the oven until cooked through, 12-14 min.\*\*



## Prep and cook rice

While **barramundi** roasts, add **1 cup water** (dbl for 4 ppl) to a medium pot. Bring to a boil over high heat. While **water** comes to a boil, peel, then cut **carrot** into ¼-inch rounds. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Finely chop **chili pepper**, removing seeds for less heat. (TIP: We suggest using gloves when prepping chilis!) Add **½ cup rice** (dbl for 4 ppl) to the **boiling water**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.



## Start curry

While **rice** cooks, heat a large pot over medium-high heat. When hot, add **½ tsp oil** (dbl for 4 ppl), then **carrots** and **onions**. Cook, stirring often, until **veggies** are tender-crisp, 4-5 min. Add **fennel seeds**, **ginger**, **mild curry paste**, **Cumin-Turmeric Spice Blend** and **¼ tsp chilis** (dbl for 4 ppl). Cook, stirring occasionally, until fragrant, 1-2 min.



## Simmer curry

Add **coconut milk**, **soy sauce** and **1 cup water** (dbl for 4 ppl) to the pot. Reduce heat to medium. Cook, stirring often, until **curry** thickens slightly, 4-5 min. Season with **salt** and **pepper**.



## Finish curry

Remove and discard skin from **barramundi**, then gently flake **fish** into bite-sized pieces using a fork. Add **flaked barramundi** to the pot with **curry**. Gently stir to combine.



## Finish and serve

Roughly chop **cilantro**. Add **half the cilantro** to **rice** and season with **salt**, then fluff with a fork to combine. Divide **rice** between plates, then top with **barramundi curry**. Sprinkle **remaining cilantro** and **remaining chilis** over top, if desired.

## Dinner Solved!