



Ginger Green Onion Barramundi

with Stir-Fried Veggies and Jasmine Rice

FAMILY 30 Minutes



Barramundi



Ginger



Green Onions



Oyster-Soy Sauce



Sesame Oil



Jasmine Rice



Green Beans,
trimmed



Shanghai Bok Choy



Cornstarch

HELLO BARRAMUNDI

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

Start Strong

Before starting, wash and dry all produce.

Bust Out

Large Non-Stick Pan, Medium Pot, Paper Towels, Whisk, Zester, Small Bowl, Measuring Cups, Measuring Spoons

Ingredients

	4 Person
Barramundi	564 g
Ginger	30 g
Green Onions	4
Oyster-Soy Sauce	¼ cup
Sesame Oil	1 tbsp
Jasmine Rice	1 ½ cup
Green Beans, trimmed	170 g
Shanghai Bok Choy	200 g
Cornstarch	1 tbsp
Sugar*	1 tsp
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.



1. COOK RICE

Add **2 ½ cups water** to a medium pot. Cover and bring to a boil over high heat. Add the **rice**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



2. PREP & MAKE SAUCE

While the **rice** cooks, cut the **green onions** into 1-inch pieces. Peel the **ginger**, then mince. Cut the **bok choy** into 1-inch pieces. Cut the **beans** into 1-inch pieces. Whisk together the **oyster-soy sauce**, **cornstarch**, **half the sesame oil**, **2 tsp sugar** and **1 cup water** in a small bowl. Set aside. Pat the **fish** dry with paper towels, then season with **salt** and **pepper**.



3. COOK VEGGIES

Heat a large non-stick pan over medium-high heat. When hot, add the **remaining sesame oil** and **½ tbsp oil**, then the **green beans** and **bok choy**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



4. COOK FISH

Add **1 tbsp oil** to the same pan. When hot, add the **fish** skin-side down. Cook, flipping halfway though, until cooked through, 5-6 min. ** Transfer, skin-side up, to the same plate as the **veggies**.



5. MAKE SAUCE

Add the **ginger** and **green onions** to the same pan. Cook, stirring often, until fragrant, 1-2 min. Add the **sauce** from the small bowl. Remove the pan from heat. Stir until **sauce** thickens slightly, 1-2 min.



6. FINISH AND SERVE

Fluff the **rice** with a fork and season with **salt**. Divide the **rice** between plates. Top with the **veggies**, then drizzle over **sauce**. Place **barramundi** on top, skin-side up.

Dinner Solved!

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