



Honey Garlic-Glazed Barramundi

with Buttery Soy-Ginger Veggies

Family Friendly

Quick

25 Minutes



Barramundi



Honey Garlic Sauce



Coleslaw Cabbage Mix



Sweet Bell Pepper



Ginger



Soy Sauce



Basmati Rice



Green Onion



Cornstarch

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, measuring spoons, medium pot, parchment paper, 2 small bowls, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Honey Garlic Sauce	4 tbsp	8 tbsp
Coleslaw Cabbage Mix	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Ginger	15 g	30 g
Soy Sauce	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cups
Green Onion	2	4
Cornstarch	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 tbsp
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.

Contact

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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 over high heat. 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.



Prep

While **barramundi** roasts, core, then cut **pepper** into ¼-inch slices. Thinly slice **green onions**. Peel, then mince or grate **1 tsp ginger** (dbl for 4 ppl).



Make honey garlic glaze

While **rice** cooks, heat a large non-stick pan over medium-high heat. While the pan heats, combine **honey garlic sauce**, **half the soy sauce**, **3 tbsp water** and **1 tsp cornstarch** (dbl both for 4 ppl) in a small bowl. When the pan is hot, add **honey garlic mixture**. Bring **glaze** to a simmer. Once simmering, cook, stirring often, until **glaze** thickens slightly, 30 sec. Transfer **glaze** to a clean small bowl. Carefully wipe the pan clean.



Cook veggies

Heat the same pan (from step 2) over medium-high. When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted. Add **peppers** and **ginger**. Cook, stirring often, until softened slightly, 2-3 min. Add **coleslaw cabbage mix** and **half the green onions**. Cook, stirring often, until **veggies** are tender-crisp, 2-3 min. Drizzle **remaining soy sauce** over **veggies**. Season with **salt** and **pepper**, to taste, then stir to coat, 30 sec-1 min.



Roast barramundi

Pat **barramundi** dry with paper towels. Season with **salt** and **pepper**. Arrange **barramundi** on a parchment-lined baking sheet, skin-side down. Drizzle **1 tbsp honey garlic glaze** over **barramundi** (dbl for 4 ppl). Roast **barramundi** in the **middle** of the oven until cooked through, 8-10 min.**



Finish and serve

Add **remaining green onions** and **1 tbsp butter** (dbl for 4 ppl) to **rice**, then fluff with a fork until **butter** melts. Remove and discard barramundi skin, if desired. Divide **rice**, **veggies** and **barramundi** between plates. Drizzle **remaining honey garlic glaze** over **barramundi** and **veggies**.

Dinner Solved!