



Mexican-Spiced Barramundi and Corn Rice

with Garlicky Zucchini and Lime-Butter Sauce

Family

35 Minutes



Barramundi



Basmati Rice



Cilantro



Lime



Corn Kernels



Zucchini



Garlic



Mexican Seasoning

HELLO BARRAMUNDI

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

Start here

Before starting, wash and dry all produce.

Bust Out

Measuring spoons, zester, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Basmati Rice	¾ cup	1 ½ cup
Cilantro	7 g	7 g
Lime	1	1
Corn Kernels	56 g	113 g
Zucchini	200 g	400 g
Garlic	6 g	12 g
Mexican Seasoning	1 tbsp	2 tbsp
Unsalted Butter*	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 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.

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Cook rice

Peel, then mince or grate the **garlic**. Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then the **rice** and **half the garlic**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Prep

While the **rice** cooks, cut the **zucchini** into ½-inch rounds. Zest, then juice **half the lime** (whole lime for 4 ppl). Roughly chop the **cilantro**. Pat the **barramundi** dry with paper towels, then sprinkle with **Mexican Seasoning**. Season with **salt** and **pepper**. Set aside.



Cook zucchini

Heat a large non-stick pan over medium-high heat. When hot add **1 tbsp oil** (dbl for 4 ppl), then the **zucchini**. Cook, stirring often, until tender-crisp, 3-4 min. Add the **remaining garlic**. Cook, stirring often, until fragrant, 30 sec. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



Cook barramundi

Add the **barramundi**, skin-side down, to the same pan. (**TIP:** Add ½ tbsp oil to the pan, if it looks dry.) Cook, until the skin is crispy, 6-7 min. Flip the **barramundi** over and cook until cooked through, 1-2 min. ****** Transfer to a plate, skin-side up.



Make sauce

Add **2 tbsp butter** and **1 tbsp water** (dbl both for 4 ppl) to the same pan. Swirl to melt, 1 min. Remove the pan from heat. Add the **lime juice**. Stir together, scraping up all the **browned bits** from the bottom of the pan, until combined, 30 sec. Season with **salt**.



Finish and serve

Fluff the **rice** with a fork. Stir in **corn** and **lime zest**, until **corn** is warmed through, 1-2 min. Season with **salt**. Divide **rice** between bowls. Top the **Mexican-spiced barramundi** and **garlicky zucchini**. Drizzle with the **lime-butter sauce**. Sprinkle the **cilantro** over top.

Dinner Solved!