



Pan-Seared Barramundi with Noodles and Garlicky Veggies

PRONTO 30 Minutes



Barramundi



Ramen Noodles



Sweet Bell Pepper



Hoisin-Soy Sauce Blend



Garlic



Cornstarch



Sugar Snap Peas



Baby Spinach

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, Paper Towels, Whisk, Medium Bowl, Strainer, Large Pot, Measuring Cups, Measuring Spoons

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Ramen Noodles	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Hoisin-Soy Sauce Blend	¼ cup	½ cup
Garlic	6 g	12 g
Cornstarch	1 tbsp	1 tbsp
Sugar Snap Peas	113 g	227 g
Baby Spinach	56 g	113 g
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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1. PREP

Add **10 cups water** to a large pot. Cover and bring to a boil over high heat. (**NOTE:** Use same for 4 ppl). Meanwhile, trim **snap peas**. Core, then cut **pepper** into ½-inch slices. Roughly chop **spinach**. Peel, then mince or grate **garlic**. Pat **barramundi** dry with paper towels. Season with **salt** and **pepper**.



2. COOK NOODLES

Add **noodles** to the pot of **boiling water**. Cook, stirring occasionally, until tender, 2-3 min. Drain and rinse **noodles** under warm water. Set aside.



3. COOK VEGGIES

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **snap peas** and **peppers**. Cook, stirring often, until tender-crisp, 3-4 min. Add **garlic**. Cook, stirring often, until fragrant, 1 min. Remove pan from heat. Transfer **veggie mixture** to a plate.



4. COOK BARRAMUNDI

Heat the same pan over medium heat. When hot, add **½ tsp oil** (dbl for 4 ppl), then **barramundi**. Cook, until golden-brown and cooked through, 4-5 min per side.**



5. FINISH NOODLES

While **barramundi** cooks, whisk together **hoisin-soy sauce** with **½ cup water** and **1 ½ tsp cornstarch** (dbl both for 4 ppl) in a medium bowl. Heat the same pot over medium heat. When hot, add **cornstarch mixture**. Cook, stirring together, until **sauce** thickens slightly, 2-3 min. Add **noodles** and **veggies**. Stir together to combine. Remove pot from heat. Add **spinach**, stirring occasionally, until wilted, 1 min. Season with **salt** and **pepper**.



6. FINISH AND SERVE

Divide **noodles** and **veggies** between plates. Top with **barramundi**.

Dinner Solved!