



Spicy Barramundi Curry

with Coconut Milk

Calorie Smart

Spicy

30 Minutes



Barramundi



Coconut Milk



Cumin-Turmeric Spice Blend



Fennel Seeds



Ginger



Carrot



Chili Pepper



Red Onion



Cilantro



Basmati Rice



Soy Sauce

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, microplane/zester, measuring spoons, medium pot, parchment paper, measuring cups, large pot, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282	564
Coconut Milk	165 ml	400 ml
Cumin-Turmeric Spice Blend	1 tbsp	2 tbsp
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	¾ cup	1 ½ cup
Soy Sauce	1 tbsp	2 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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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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 ¼ cups 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. (NOTE: We suggest using gloves when prepping chilis!) Add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, 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, 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 **½ cup water** (¾ cup water for 4 ppl) to the pot. Reduce heat to medium. Cook, stirring often until **curry** has thickened slightly, 4-5 min. Season with **salt** and **pepper**.



Finish curry

Remove and discard the skin from **barramundi** and gently flake using a fork. Add **flaked barramundi** to the **curry**. Gently stir to combine.



Finish and serve

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

Dinner Solved!