



Thai-Style Grilled Barramundi with Coconut Rice

Grill

Optional Spice

30 Minutes



Barramundi



Garlic



Lime



Ginger



Cilantro



Jasmine Rice



Coconut Milk



Shanghai Bok Choy



Soy Sauce



Chili Flakes

HELLO BARRAMUNDI

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

Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- Stack two 6x12-inch pieces of aluminum foil on one side.
- While you prep, preheat grill to 500°F over medium-high heat.

Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

Bust out

Microplane/zester, measuring spoons, tongs, aluminum foil, spatula, medium pot, large bowl, small bowl, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Garlic	6 g	12 g
Lime	1	2
Ginger	30 g	60 g
Cilantro	7 g	14 g
Jasmine Rice	¾ cup	1 ½ cup
Coconut Milk	165 ml	400 ml
Shanghai Bok Choy	226 g	452 g
Soy Sauce	1 tbsp	2 tbsp
Chili Flakes 🌶️	½ tsp	1 tsp
Sugar*	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.

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Cook rice

Add **¼ tsp salt** (dbl for 4 ppl) and **¾ cup water** (1 cup for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Stir in **coconut milk** and **rice**, then bring to a boil. Reduce heat to medium-low. Cover and cook, until rice is tender and **liquid** is absorbed, 12-14 min.



Prep

While **rice** cooks, zest, then juice **lime**. Peel, then mince or grate **garlic** and **ginger**. Roughly chop **cilantro**. Separate **bok choy leaves** from core. Add **bok choy**, **half the ginger** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then toss to coat.



Make sauce

Combine **lime zest**, **lime juice**, **garlic**, **remaining ginger**, **soy sauce**, **half the cilantro**, **½ tsp chili flakes** (NOTE: Reference Heat Guide), **1 tbsp sugar** and **3 tbsp water** (dbl both for 4 ppl) in a small bowl. Season with **salt** and **pepper**.



Grill barramundi

Pat **barramundi** dry with paper towels, then season with **salt** and **pepper**. Add **1 tbsp oil** (dbl for 4 ppl) to the prepared foil on the grill, then **barramundi**, skin-side down. Cook until skin is crispy and releases itself from the foil, 7-8 min. Flip and cook until **barramundi** is opaque and cooked through, 2-3 min. **



Grill bok choy

Add **bok choy** to the other side of the grill. Grill, flipping once, until tender-crisp, 3-5 min.



Finish and serve

Chop **bok choy** into ½-inch pieces. Divide **rice** between bowls. Top with **grilled bok choy**, then **barramundi**. Sprinkle **remaining cilantro** over top. Spoon **sauce** over **barramundi**, or serve on the side for dipping.

Dinner Solved!