



Thai-Style Grilled Barramundi with Coconut Rice

Grill

Optional Spice

30 Minutes



Barramundi



Garlic, cloves



Rice Vinegar



Ginger



Green Onion



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 of the grill.
- While you prep, preheat the grill to 500°F over medium-high heat.

Heat Guide for Step 3:

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

Bust out

Measuring spoons, aluminum foil, medium pot, large bowl, small bowl, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Garlic, cloves	2	4
Rice Vinegar	1 tbsp	2 tbsp
Ginger	30 g	60 g
Green Onion	2	2
Jasmine Rice	¾ cup	1 ½ cups
Coconut Milk	165 ml	400 ml
Shanghai Bok Choy	226 g	452 g
Soy Sauce	1 tbsp	2 tbsp
Chili Flakes 🌶️	½ tsp	½ 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 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 **¼ tsp salt** (dbl for 4 ppl) and **⅔ 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.
- Remove the pot from heat. Set aside, still covered.



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.
- Close lid and grill until **skin** is crispy and releases itself from the foil, 7-8 min.
- Flip and grill until **barramundi** is opaque and cooked through, 2-3 min.**



Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Peel, then mince or grate **ginger**
- Thinly slice **green onions**.
- 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. Set aside.



Grill bok choy

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



Make sauce

- Add **vinegar**, **garlic**, **remaining ginger**, **soy sauce**, **half the green onions**, **1 tbsp sugar**, **3 tbsp water** (dbl both for 4 ppl) and **½ tsp chili flakes** to a small bowl. (**NOTE:** Reference heat guide.)
- Season with **salt** and **pepper**, then stir to combine.



Finish and serve

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

Dinner Solved!