



ECUADORIAN-STYLE PESCADO ENCOCADO

Barramundi with Buttery Rice & Lime

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Jasmine Rice



2 | 4
Scallions



1 | 2
Tomato



1 | 2
Jalapeño



1 | 2
Lime



10 oz | 20 oz
Barramundi
Contains: Fish



1 TBSP | 2 TBSP
Fry Seasoning



1 tsp | 1 tsp
Cumin



1 | 2
Coconut Milk
Contains: Tree Nuts



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HISPANIC HERITAGE MONTH

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PREP: 10 MIN | COOK: 25 MIN | CALORIES: 650



HELLO

PESCADO ENCOCADO

A simple dish of fish cooked in a creamy coconut sauce that's enjoyed along the coast of Ecuador

SKIN IT TO WIN IT

You'll sear the fish in Step 3 before simmering it. This step makes the skin easier to remove while also helping the fish cook gently and evenly all the way through.

BUST OUT

- Small pot
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 COOK RICE

- In a small pot, combine **rice**, **¾ cup water (use a medium pot and 1½ cups water for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook, covered, until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



2 PREP

- **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens. Dice **tomato** into ½-inch pieces. Halve **jalapeño**, removing ribs and seeds for less heat; thinly slice into half-moons. Quarter **lime**.



3 START FISH

- Pat **barramundi*** dry with paper towels and season with **half the Fry Seasoning (you'll use the rest later)**, **half the cumin (all for 4 servings)**, **salt**, and **pepper**.
- Heat a **large drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add barramundi, skin sides down, and cook until skin is crispy, 4-5 minutes. Turn off heat; transfer to a plate, skin sides up. Wipe out pan. **(You'll finish cooking the fish in Step 5.)**
- Once fish is cool enough to handle, carefully remove and discard skin.



4 START SAUCE

- Heat a **drizzle of oil** in same pan over medium-high heat. Add **scallion whites**, **tomato**, a **big pinch of salt**, and as much **jalapeño** as you like. Cook, stirring occasionally, until veggies are browned and tender, 2-3 minutes.



5 FINISH SAUCE & FISH

- Stir in **coconut milk**, **remaining Fry Seasoning**, and **¼ cup water (½ cup for 4 servings)**, then add **barramundi**, seasoned sides down. Bring to a simmer and cook, undisturbed, until sauce has thickened and fish is cooked through, 2-3 minutes.
- Taste and season with **salt** and **pepper** if desired. Add **juice from half the lime**.



6 SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)**.
- Divide rice and **barramundi in sauce** between bowls in separate sections. Sprinkle barramundi with **scallion greens**. Serve with **remaining lime wedges** on the side.

*Barramundi is fully cooked when internal temperature reaches 145°.