



STEAMED CANTONESE-STYLE BARRAMUNDI

with Rice, Roasted Green Beans & Sweet Soy Ginger Sauce

INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
Jasmine Rice



6 oz | 12 oz
Green Beans



1 Thumb | 2 Thumbs
Ginger



2 | 4
Scallions



¼ oz | ½ oz
Cilantro



2 TBSP | 4 TBSP
Soy Sauce
Contains: Soy, Wheat



6 ml | 12 ml
Ponzu Sauce
Contains: Fish, Soy,
Wheat



10 oz | 20 oz
Barramundi
Contains: Fish



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HELLO

STEAMING

We love this super-simple way to cook fish to perfection without extra oil or butter.



PREP: 15 MIN | COOK: 35 MIN | CALORIES: 600



HELLO FRESH

STEAMING 101

This is a gentle cooking method, but it does get steamy in there! Let everything cool on the stovetop before dismantling the steamer and discarding the cooking liquid.

BUST OUT

- Small pot
- Medium bowl
- Whisk
- Aluminum foil
- Koshers salt
- Black pepper
- Sugar (1 tsp | 2 tsp)
- Cooking oil (4 tsp | 7 tsp)
- Large pan
- Baking sheet
- Paper towels
- Small pan



1 COOK RICE

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- In a small pot, combine **rice, 1¼ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer.
- Cook until tender, 15-18 minutes. Keep covered off heat until ready to serve.



2 PREP & START SAUCE

- While rice cooks, trim **green beans** if necessary. Peel **ginger** and slice lengthwise into ¼-inch-thick planks; stack planks and slice lengthwise to create ¼-inch-thick matchsticks. Trim and halve **scallions** lengthwise; cut crosswise into 1-inch pieces, separating whites from greens. Roughly chop **cilantro**.
- In a medium bowl, whisk together **soy sauce, ponzu, 2 TBSP warm water**, and **1 tsp sugar** until sugar dissolves (4 TBSP warm water and 2 tsp sugar for 4 servings).



3 SET UP STEAMER

- Cut a 12-inch-long piece of aluminum foil. Roll up foil lengthwise, then form into a coil.
- Place foil coil in center of a large pan. **TIP: We used a 10-inch stainless steel pan (the foil could damage a nonstick pan!).**



4 ROAST GREEN BEANS

- Toss **green beans** on a baking sheet with a **drizzle of oil, salt, and pepper**.
- Roast on top rack until browned and tender, 12-15 minutes.



5 STEAM FISH

- Meanwhile, pat **barramundi*** dry with paper towels; season all over with **salt and pepper**. Place barramundi, skin sides down, on a heatproof plate. **TIP: We used an 8-inch dinner plate (the plate should be slightly smaller than the pan).**
- Set plate with barramundi on top of foil coil, gently pressing plate so it's level and foil flattens slightly. Carefully fill bottom of pan with **1 inch of water**. **TIP: Re-center plate and foil in pan if needed.**
- Cover pan with a tight-fitting lid and heat over high heat until water boils. (**TIP: No lid? No problem! Tightly cover with more foil or set a baking sheet on top of pan.**) Reduce heat to medium; steam, covered, until fish is cooked through and easily flakes with a fork, 8-10 minutes.
- Carefully transfer fish to a separate plate.



6 FINISH SAUCE

- While fish steams, heat **1 TBSP oil (2 TBSP for 4 servings)** in a small pan over medium-high heat. Add **ginger and scallion whites**; cook, stirring, until fragrant and scallion whites are lightly browned, 2-3 minutes.
- Stir in **scallion greens and half the cilantro**. Add **soy sauce mixture** and cook, stirring, until sauce has reduced slightly, 30-60 seconds.



7 SERVE

- Divide **rice and roasted green beans** between shallow bowls in separate sections; top rice with **barramundi**. **TIP: If you want to remove the skin, turn the fish skin side up and gently pull the skin away using a fork.**
- Spoon **sauce** over barramundi and garnish with **remaining cilantro**. Serve.

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