



SWEET & SPICY SOY-GARLIC BARRAMUNDI

with Green Beans, Caramelized Onion & Buttery Rice

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
White Rice



10 oz | 20 oz
Barramundi
Contains: Fish



1 Clove | 2 Cloves
Garlic



¼ oz | ½ oz
Cilantro



1 | 2
Jalapeño



1 oz | 2 oz
Soy Sauce
Contains: Soy, Wheat



6 oz | 12 oz
Green Beans



1 | 2
Onion



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HELLO

BARRAMUNDI

This buttery, mild white fish is a member of the sea bass family.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 530



WAIT FOR IT...

Be sure to slice the onion thinly—this will help it caramelize to tender sweetness. The process takes a bit of time, but you'll be richly rewarded!

BUST OUT

- Small pot
- Paper towels
- Baking dish
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Sugar (2 tsp | 4 tsp)
- Butter (½ TBSP | 1 TBSP)
Contains: Milk

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1 COOK RICE

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- In a small pot, combine **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



4 CAMELIZE ONION

- Heat a **large drizzle of oil** in same pan over medium-high heat. Add **onion**; cook, stirring occasionally, until browned and softened, 8-10 minutes.
- Add a **splash of water**; cook, stirring occasionally, until caramelized, 2-3 minutes more. Season with **salt** and **pepper**.
- Arrange **caramelized onion** evenly over **barramundi and green beans** in baking dish.



2 START PREP & MARINATE FISH

- While rice cooks, peel and mince or grate **garlic**. Roughly chop **cilantro**. Thinly slice **jalapeño**, removing ribs and seeds for less heat.
- In an 8-by-8-inch baking dish (**9-by-13-inch baking dish for 4 servings**), combine **soy sauce**, garlic, half the cilantro, **¼ cup water**, **2 tsp sugar**, and as much jalapeño as you like (**½ cup water and 4 tsp sugar for 4**).
- Pat **barramundi*** dry with paper towels; place, skin sides up, in baking dish with **soy mixture**. Set aside to marinate for at least 10 minutes.



5 ROAST FISH & VEGGIES

- Roast **barramundi and veggies** on top rack until fish is cooked through and green beans are tender, 15-20 minutes.
- Once barramundi is done, carefully peel skin off fish and discard. **TIP: The skin is easier to remove when the fish is cooked.**



3 FINISH PREP & CHAR BEANS

- Meanwhile, trim **green beans** if necessary. Halve, peel, and thinly slice **onion**.
- Heat a **large drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add green beans and cook, stirring occasionally, until slightly charred but still firm, 3-4 minutes.
- Turn off heat; transfer to baking dish with **marinated barramundi**, carefully nestling green beans around fish. Wipe out pan.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **½ TBSP butter (1 TBSP for 4 servings)**.
- Divide rice between shallow bowls and top with **barramundi and veggies**. Spoon **sauce** from baking dish over fish and garnish everything with **remaining cilantro**. Serve.

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