




BAJA BARRAMUNDI

with Yellow Rice and Salsa Fresca



HELLO



Mild, buttery, sustainable, and high in omega-3s: learn more about barramundi at thebetterfish.com.

PREP: 5 MIN | **TOTAL: 25 MIN** | **CALORIES: 560**

-  Grape Tomatoes
-  Cilantro
-  Chili Pepper
-  Jasmine Rice
-  Sour Cream
(Contains: Milk)
-  Cumin
-  Scallions
-  Lime
-  Turmeric
-  Mushroom Stock Concentrate
-  Australis Barramundi
(Contains: Fish)

START STRONG

Nonstick pan or not, we understand if you've had an incident (or two?) involving fish skin, scraping, and your pan. The key to a clean release? Leave the fillets alone! Once the skin crisps up, the fish will separate from the pan on its own and be ready to flip.

BUST OUT

- Zester
- Small pot
- Medium bowl
- 2 Small bowls
- Paper towels
- Vegetable oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)
- Large pan
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Grape Tomatoes **4 oz** | **8 oz**
- Scallions **2** | **4**
- Cilantro **¼ oz** | **½ oz**
- Lime **1** | **2**
- Chili Pepper **1** | **2**
- Turmeric **1 tsp** | **1 tsp**
- Jasmine Rice **½ Cup** | **1 Cup**
- Mushroom Stock Concentrate **1** | **2**
- Sour Cream **2 TBSP** | **4 TBSP**
- Cumin **1 tsp** | **2 tsp**
- Australis Barramundi* **10 oz** | **20 oz**

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

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1 PREP

Wash and dry all produce. Halve **tomatoes**. Trim and thinly slice **scallions**, separating whites from greens. Mince **cilantro** leaves and stems. Zest and quarter **lime** (quarter both limes for 4 servings). Mince **chili**, removing seeds for less heat.



4 MAKE CREMA

In a small bowl, combine **sour cream**, a large squeeze of **lime juice**, and as much **lime zest** as you like. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



2 COOK RICE

Melt **1 TBSP butter** in a small pot over medium-high heat. Add half the **scallion whites** and **¼ tsp turmeric** (½ tsp for 4 servings; you'll use more later); cook until fragrant, about 1 minute. Stir in **rice**, **¾ cup water** (1½ cups for 4), **stock concentrate**, and a big pinch of **salt**. Bring to a boil; cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



5 COOK FISH

In a second small bowl, combine **cumin** and **¼ tsp turmeric** (½ tsp for 4 servings; we sent more). Pat **barramundi** dry with paper towels. Season all over with **salt** and **pepper**. Season flesh sides with **spice mixture**. 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. Flip and cook until barramundi is opaque and cooked through, 2-3 minutes more.



3 MAKE SALSA FRESCA

Meanwhile, in a medium bowl, combine **tomatoes**, **cilantro**, remaining **scallion whites**, and juice from **half the lime** (whole lime for 4 servings). Season with **salt** and **pepper**. If you like spicy food, stir in **chili** to taste.



6 FINISH AND SERVE

Fluff **rice** with a fork; stir in **scallion greens** and **1 TBSP butter** (2 TBSP butter for 4 servings) and season with **salt** and **pepper**. Divide between plates. Top rice with **barramundi**; garnish with **salsa fresca** and **crema**. Serve with any remaining **lime wedges** on the side.

SUPER SIP

Add a drizzle of honey and a pinch of your leftover turmeric to a warm pot of coconut milk for a tasty, antioxidant-packed beverage.

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