



# MISO APRICOT-GLAZED BARRAMUNDI

with Garlicky Zucchini & Carrot Stir-Fry

## INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz  
Carrots



1 | 2  
Zucchini



2 | 4  
Scallions



10 oz | 20 oz  
Barramundi  
Contains: Fish



1 tsp | 2 tsp  
Garlic Powder



1 | 2  
Miso Sauce Concentrate  
Contains: Soy



1 | 2  
Apricot Jam



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



1 Thumb | 2 Thumbs  
Ginger



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## BARRAMUNDI

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

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 430



## KEEP IT REEL

When you add the fillets to the hot pan, let them do their thing (no moving around!). The skin will naturally release when the fish is ready to flip.

## BUST OUT

- Peeler
- Paper towels
- Large pan
- Medium pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Sugar (¼ tsp | ½ tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

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### 1 PREP

- Wash and dry produce.
- Trim, peel, and halve **carrots** lengthwise; cut on a diagonal into ½-inch-thick pieces. Trim and halve **zucchini** lengthwise; cut on a diagonal into ½-inch-thick pieces. Trim and slice **scallion whites** into ¼-inch pieces; thinly slice **scallion greens**. Peel and mince **ginger**.



### 2 START STIR-FRY

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **carrots** in an even layer; cook, stirring occasionally, until softened and lightly browned, 4-6 minutes (**you'll add more to the pan in the next step**).



### 3 FINISH STIR-FRY

- Add **zucchini, scallion whites, garlic powder, a big pinch of salt, and pepper** to same pan; cook, stirring occasionally, until browned and softened, 3-5 minutes more. Remove pan from heat; keep covered until ready to serve.



### 4 COOK BARRAMUNDI

- While veggies cook, pat **barramundi\*** dry with paper towels; season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a medium, preferably nonstick, pan over medium-high heat.
- Add barramundi, skin sides down, and cook until opaque, 4-5 minutes. Flip and cook until barramundi is cooked through, 3-4 minutes more. Turn off heat; transfer to a plate. Wipe out pan and let cool for at least 1 minute.



### 5 MAKE SAUCE

- Heat a **drizzle of oil** in same pan over medium heat. Add **half the ginger** and cook, stirring often, until toasted and fragrant, 30-60 seconds.
- Stir in **miso sauce concentrate, jam, soy sauce, ¼ cup water (½ cup for 4 servings), and ¼ tsp sugar (½ tsp for 4)**. Cook, stirring often, until combined and thickened, about 2-4 minutes. Remove from heat and stir in remaining ginger and **1 TBSP butter (2 TBSP for 4)**. (**TIP: If sauce is too thick, stir in water, 1 TBSP at a time, until mixture reaches desired consistency.**) Taste and season with **salt** and **pepper**.



### 6 FINISH & SERVE

- Add **barramundi** to pan with **sauce** and turn to coat.
- Divide barramundi and **veggie stir-fry** between plates in separate sections. Drizzle barramundi with as much sauce as you like and sprinkle with **scallion greens**. Serve any remaining sauce on the side.

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