



THAI CHILI APRICOT BARRAMUNDI

with Cabbage & Carrot Stir-Fry

INGREDIENTS

2 PERSON | 4 PERSON



2 Cloves | 4 Cloves
Garlic



6 oz | 12 oz
Carrots



½ Cup | 1 Cup
Jasmine Rice



4 oz | 8 oz
Bok Choy and
Napa Cabbage



10 oz | 20 oz
Barramundi
Contains: Fish



1 oz | 2 oz
Sweet Thai Chili
Sauce



1 | 2
Apricot Jam



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



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



HELLO

BARRAMUNDI

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



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 650



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 it's ready to flip.

BUST OUT

- Peeler
- Box grater
- Medium bowl
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk
- Small pot
- Large pan
- Paper towels

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com

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



1 PREP & START SAUCE

- Wash and dry produce.
- Peel and mince **garlic**. Trim and peel **carrots**; grate on the largest holes of a box grater.
- In a medium bowl, combine **chili sauce**, **jam**, **half the soy sauce**, and **¼ cup water** (½ cup for 4 servings). Set aside (you'll use it in Step 5).



2 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **garlic** and cook, stirring, until fragrant, 20-30 seconds. Stir in **rice** and **¾ cup water** (1¼ cups for 4 servings); bring to a boil. Once boiling, cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



3 STIR-FRY VEGGIES

- While rice cooks, heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **carrots** and cook, stirring occasionally, until softened, 3-4 minutes.
- Add **bok choy and cabbage**; cook, stirring occasionally, until lightly browned and fragrant, 1-2 minutes.
- Turn off heat; stir in **remaining soy sauce**. Transfer **veggies** to a plate and wipe out pan.



4 COOK BARRAMUNDI

- Pat **barramundi*** dry with paper towels; season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in same pan over medium-high heat. Add barramundi, skin sides down; cook until skin is crispy, 4-5 minutes. Flip and cook until fish is opaque and cooked through, 2-3 minutes. **TIP: Lower heat if skin begins to brown too quickly.**
- Remove pan from heat; transfer fish to a second plate. Let pan cool for 1 minute.



5 FINISH SAUCE

- Add **1 TBSP butter** (2 TBSP for 4 servings) to same pan; return to medium-high heat. Stir, scraping up any browned bits from bottom of pan, until butter is melted, 20-30 seconds.
- Add **chili-jam mixture**; cook, stirring occasionally, until sauce is thickened, 2-4 minutes more. (**TIP: Lower heat if sauce begins to simmer too quickly.**) Remove from heat.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter** (2 TBSP for 4 servings) and season with **salt** and **pepper**.
- Divide rice and **veggie stir-fry** between plates. Top stir-fry with **barramundi** and drizzle with **sauce**. Serve.