



READY TO COOK
BY HARRIS FARM

CRISPY SKIN BARRAMUNDI TERIYAKI WITH ASIAN GREENS AND STICKY RICE



PREP
10 min



COOK
25 min



SERVES
4

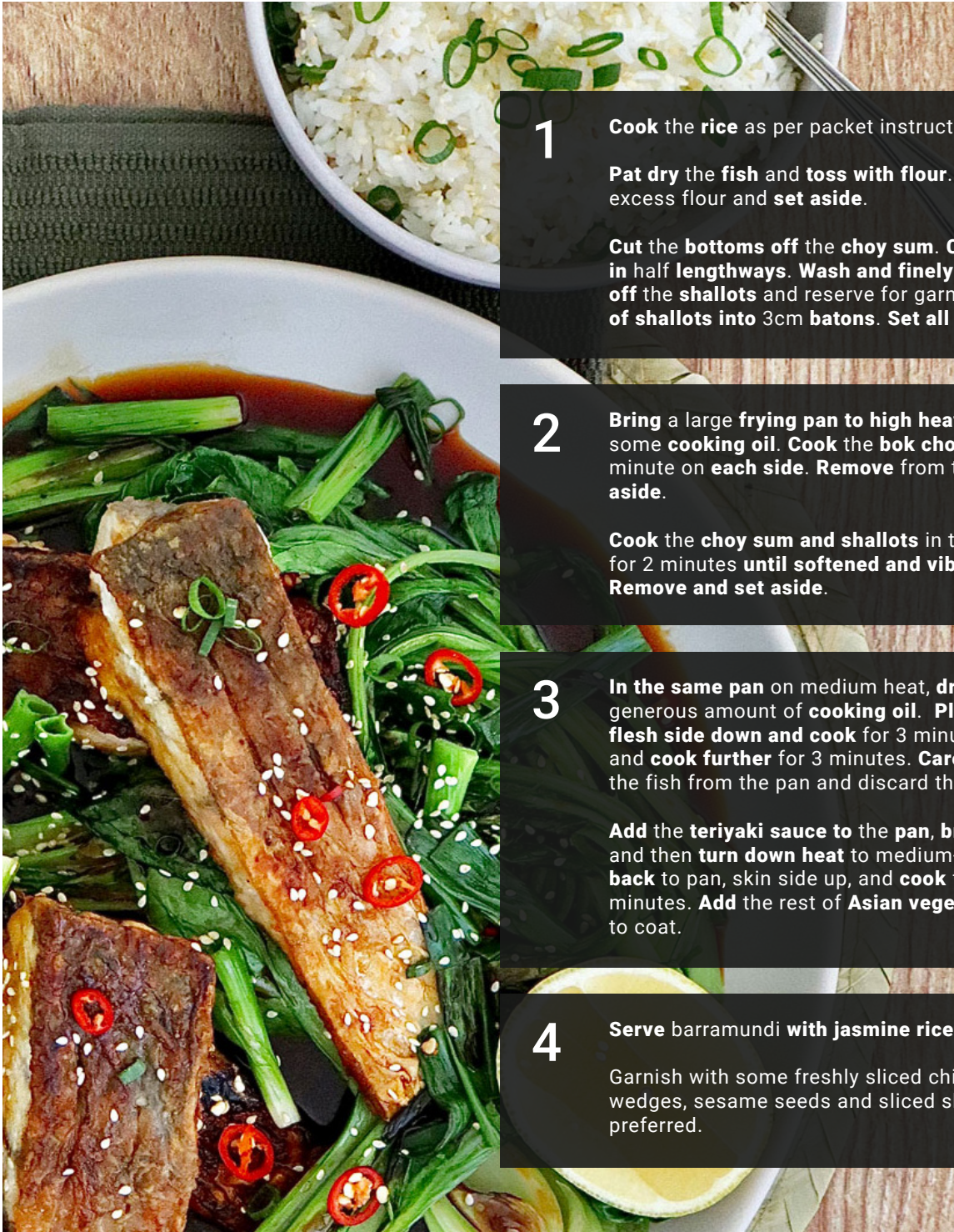
INGREDIENTS:

- > 2 Cups Jasmine Rice
- > 4 Barramundi Fillets
- > 100ml Teriyaki Sauce
- > 1 Bunch Bok Choy
- > 1 Bunch Choy Sum
- > ½ Bunch Shallots
- > 1 Red Chilli
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > ½ Cup Flour
- > Cooking Oil
- > Sesame Seeds (Optional)
- > Chilli (Optional)

METHOD – GET COOKING!



1

Cook the rice as per packet instructions.

Pat dry the fish and **toss with flour**. Shake off excess flour and **set aside**.

Cut the bottoms off the choy sum. **Cut the bok choy in half lengthways**. **Wash and finely slice the tips off the shallots** and reserve for garnish. **Cut the rest of shallots into 3cm batons**. **Set all aside**.

2

Bring a large frying pan to high heat and **drizzle some cooking oil**. **Cook the bok choy** for around 1 minute on **each side**. **Remove from the pan and set aside**.

Cook the choy sum and shallots in the same pan for 2 minutes **until softened and vibrant green**. **Remove and set aside**.

3

In the same pan on medium heat, **drizzle a generous amount of cooking oil**. **Place the fish flesh side down** and **cook** for 3 minutes. **Turn over** and **cook further** for 3 minutes. **Carefully remove** the fish from the pan and discard the excess oil.

Add the teriyaki sauce to the pan, **bring to the boil** and then **turn down heat** to medium-low. **Place fish back** to pan, skin side up, and **cook** for a further 3 minutes. **Add the rest of Asian vegetables and toss** to coat.

4

Serve barramundi with jasmine rice.

Garnish with some freshly sliced chilli, lemon wedges, sesame seeds and sliced shallots if preferred.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover teriyaki on another protein source.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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