

GEORGIE & TOM'S

EATING WELL MADE EASY



Thai Steamed Barramundi

STEAMED BARRAMUNDI WITH A WARM RICE NOODLE SALAD WITH BOK CHOY, RED PEPPER AND CARROT IN A THAI SOY DRESSING.

★★★★★ 4.8

19 reviews

Microwave, Raw protein
7 minutes

Shelf-life: Day of delivery plus 5 days

570 calories per person
Serves 2

High Protein, Dairy Free, Pescatarian Diet, Mediterranean diet

To maximise freshness put the raw barramundi straight into the freezer on arrival. Defrost overnight in the fridge or when needed in a couple of minutes in the microwave.

HOW TO COOK

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1. Place **barramundi** in microwaveable container with 2 tbsp of **Soy, sesame ginger marinade** & $\frac{1}{2}$ of the **ginger, scallions and red chili**. Plastic wrap.
2. Microwave for 2-3 minutes until barramundi is cooked. (*Alternatively fry barramundi on stove top.*)
3. Add tbsp of water over **tray of veggies & noodles**. Microwave for 3 mins.
4. Serve barramundi on veg and noodles. Garnish with remaining **soy, sesame ginger marinade, scallions, ginger and red chillies**.

(After cooking you can easily peel off skin if you prefer a skin less barramundi).

Cooking tip

For best results when stovetop cooking, use a non-stick frying pan to prevent barramundi fillets from sticking.

Our Barramundi fillets are hand-cut so cooking time may vary. You can check your barramundi is cooked by ensuring it reaches 145F.

Bone warning: *All our fish is deboned, however sometimes a bone can be missed. We apologise if you are the lucky one who finds a bone.*

Spice warning *(If you would prefer a less spicy dish please refrain from adding the chillies in the finishing pot)*

INGREDIENTS

Barramundi (Sustainable Ocean Farm Raised, ASC, Fair trade), Pad Thai rice noodles, dry, Baby Bok Choy, Carrot, Red pepper, Soy sauce, Ginger, Sugar light brown, Lime juice, Sunflower oil, Scallion, Sesame oil, Red chilli, Garlic, Lemongrass, Sesame seeds, Chinese 5spice, Salt

Allergens: Gluten, Fish, Sesame, Soy

NUTRITION FACTS

Calories 570, Fat 18g, Saturated fat 3.5g, Carbohydrates 64g, Total sugars 17g, Protein 39g, Fibre 4g, Sodium 1300mg