

DINNERLY



Barramundi and Sweet Soy Greens with Chinese Barbecue Wedges



30 minutes



2 Servings

Just how much flavour can a diner take, we asked ourselves... and here's the answer! We love this delish PLUS dish, from the sweet soy-coated barramundi and tasty stir-fried greens to the crusty roast potatoes, fragrant with Chinese seasoning. It's ultra yum, and the extra ingredients offer up even more variety.

WHAT WE SEND

- 300g chat potatoes
- 5g Chinese barbecue seasoning ^{2,4,5,6}
- 1 zucchini
- 1 bunch pak choy
- 2 barramundi fillets ¹
- 40g kecap manis ^{2,4,5,6}
- 5g toasted sesame seeds ³
- 10ml sesame oil ³

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1½ tbs vegetable oil
- 1 tsp soy sauce ⁴

TOOLS

- oven tray
- baking paper
- paper towel
- medium frypan with lid

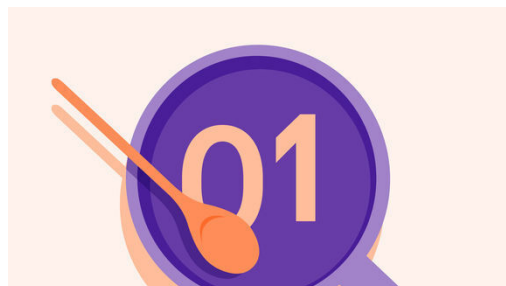
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Fish (1), Gluten (2), Sesame (3), Soy (4), Sulphites (5), Wheat (6). May contain traces of other allergens.

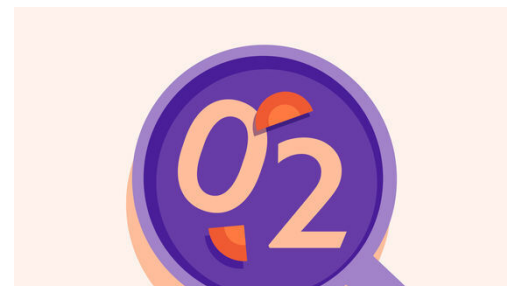
NUTRITION PER SERVING

Energy 495kcal, Fat 21.9g, Carbs 34.5g, Protein 36.2g



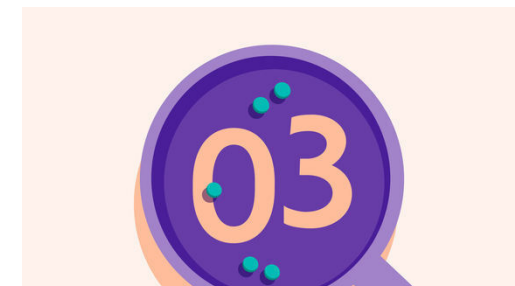
1. Roast wedges

Preheat the oven to 220C, fan-forced. Line an oven tray with baking paper. Cut the **unpeeled potatoes** into wedges and put on the lined tray. Scatter over the **Chinese barbecue seasoning**, drizzle with **2 tsp vegetable oil**, season with **salt and pepper** and toss to coat. Roast, turning halfway, for 20-25 mins until golden and tender.



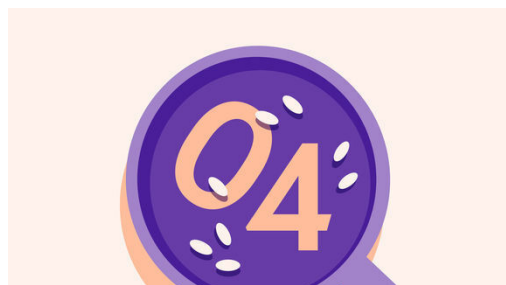
2. Prep ingredients

Meanwhile, halve the **zucchini** lengthwise, then thinly slice on an angle. Coarsely chop the **pak choy**. Pat the **fish** dry with paper towel. Put in a shallow bowl and spread **2 tsp kecap manis** over the fish, turning to coat. Scatter over the **sesame seeds**, turning to coat and pressing lightly to form a crust.



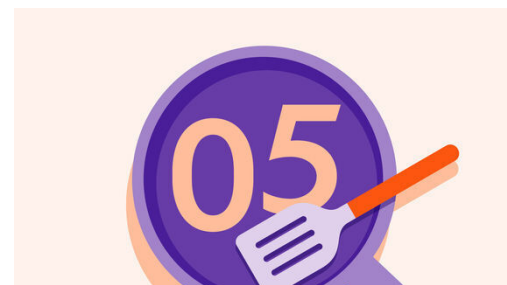
3. Cook fish

Heat **2 tsp vegetable oil** in a medium frypan over medium-high heat until hot. Cook the **fish**, skin-side down, covered, for 3 mins. Turn and cook, uncovered, for 4 mins or until cooked through (see Kitchen 101). Remove from the pan.



4. Stir-fry veggies

Heat **2 tsp vegetable oil** in the same pan over high heat. Stir-fry the **zucchini** and **pak choy** for 3 mins. Add the **sesame oil**, **1 tbs kecap manis*** and **1 tsp soy sauce** and stir-fry for a further 1-2 mins until the veggies are just tender. Remove the pan from the heat. Taste, then season with **salt and pepper**.



5. Serve up

Divide the **fish**, **potato wedges** and **veggies** among plates and enjoy!



6. Kitchen 101

Cooking times may vary depending on thickness of fillets. To check if your fish is cooked through, simply use a fork or the tip of a knife to take a peek inside the thickest part of the fish; if it comes apart easily, the fish is cooked.