



Barramundi Bhuna Masala

with Cucumber Salad & Rice



40-50min



2 Servings

This colorful plate is loaded with as much flavor as you'd expect. Bhuna masala is a tomato and onion based Indian curry sauce, lusciously thick and endlessly versatile. Here we use it to coat mild and flaky barramundi fish, paired with a cucumber salad tossed in a deliciously complex spiced oil.

What we send

- 5 oz jasmine rice
- 1 cucumber
- 1 yellow onion
- 2 plum tomatoes
- 1 oz fresh ginger
- garlic
- ¼ oz fresh cilantro
- ¼ oz gochugaru flakes
- ¼ oz garam masala
- 10 oz pkg barramundi ⁴
- 1 lime

What you need

- kosher salt & ground pepper
- sugar
- olive oil

Tools

- small saucepan
- microplane or grater
- microwave
- medium nonstick skillet

Allergens

Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 28g, Carbs 84g, Protein 35g



1. Cook rice, salt cucumbers

In a small saucepan, combine **rice** and **1¼ cups water**. Bring to a boil. Cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.

Peel **cucumber**, if desired; thinly slice. Toss in a medium bowl with **1 teaspoon each of salt and sugar**; set aside.



4. Cook aromatics

To skillet, add **half of the onions** and a **pinch of salt**. Cook over medium heat, stirring frequently, until golden brown, 8-10 minutes. Add **remaining ginger and garlic, gochugaru, garam masala, cilantro stems**, and **enough oil** to keep mixture loose and moist. Cook, stirring often, until aromatic, 1-2 minutes.



2. Prep ingredients

Thinly slice **onion**. Cut **tomatoes** into ½-inch pieces. Finely grate **half the ginger** and **2 garlic cloves**. Pick **cilantro leaves** from **stems**. Finely chop stems; set aside leaves.

In a medium bowl, combine **1 teaspoon each of ginger and garlic, ¼ teaspoon each of gochugaru and garam masala**, and **2 tablespoons oil**. Microwave until aromatic, 10-15 seconds. Reserve for step 6.



5. Cook bhuna

Add **tomatoes**. Cook, pressing on tomatoes occasionally, until some of the liquid has cooked off and **curry** is thick and paste-like, 4-5 minutes. Season to taste with **salt** and **pepper**. Add **fish**, flesh-side down, and spoon curry over top. Cover and cook over medium heat until fish is just cooked through, about 1 minute. Squeeze in **½ tablespoon lime juice**.



3. Cook fish

Pat **fish** very dry; season with **salt** and **pepper**.

In a medium nonstick skillet, heat **1 tablespoon oil** over medium-high until just starting to smoke. Add fish, skin-side down. Gently press each filet with a spatula for 10 seconds. Lower heat to medium and cook until skin is well browned and flesh is almost cooked through, 4-5 minutes. Transfer to a plate.



6. Finish salad & serve

Finely chop **cilantro leaves**. Squeeze out liquid from **cucumbers**; add to bowl with **spiced oil** along with **remaining onions** and **chopped cilantro**. Squeeze in **1 tablespoon lime juice** and season to taste with **salt** and **pepper**; mix well.

Serve **fish** with **cucumber salad** and **rice**. Enjoy!