

Miso-Glazed Barramundi

with Broccoli & Sushi Rice



2 Servings

Is there a better way to end the day than with a warm bowl of sticky sushi rice topped with barramundi and garlicky broccoli? We don't think so! Enter our spin on a warm poke bowl. It's comforting and packed with flavor thanks to miso paste which adds a deep umami flavor to flaky, broiled fish.

What we send

- 5 oz sushi rice
- garlic
- 1 oz fresh ginger
- ½ lb broccoli
- 1 oz scallions
- 1 oz rice vinegar
- 1 pkt miso paste ⁶
- 10 oz pkg barramundi ⁴
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- neutral oil
- sugar

Tools

- small saucepan
- microplane or grater
- medium nonstick skillet
- rimmed baking sheet

Allergens

Fish (4), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 0kcal

1. Cook rice

In a small saucepan, combine rice, 1 cup water, and ¼ teaspoon salt; bring to a boil over high heat. Cover, reduce heat to low, and cook until rice is tender and water is absorbed, about 16 minutes. Keep covered until ready to serve.

4. Make dressing

Preheat broiler with a rack in the top position. In a small bowl, whisk to combine grated ginger, remaining grated garlic, 2 tablespoons rice vinegar, **all of the miso**, 1 tablespoon oil, and 2 teaspoons sugar. Pat fish dry, then season all over with salt.

2. Prep ingredients

Finely grate 1 teaspoon garlic. Peel and finely grate ½ teaspoon ginger. Cut **broccoli** into 1-inch florets, if necessary. Trim scallions, then thinly slice.

5. Cook fish

Heat 1 tablespoon oil in reserved skillet over medium-high. Reduce heat to medium; add fish, skin side down. Press each fillet firmly for 10 seconds with back of a spatula. Cook, occasionally pressing gently on fillets, until skin is well browned and very crisp and fish is almost cooked through, about 5 minutes. Transfer fish, skin-side down, to a rimmed baking sheet.

3. Sauté broccoli

Heat 1 tablespoon oil in a medium nonstick skillet over medium-high. Add broccoli and ¾ teaspoon of the grated garlic; season with salt and pepper. Cook, stirring, until fragrant, about 1 minute. Add 2 tablespoons water; cover and cook until water is evaporated and broccoli is tender, about 3-5 minutes more. Transfer to a bowl. Wipe out skillet; reserve for step 5.

6. Finish & serve

Brush tops with 2 tablespoons of the dressing. Broil on top oven rack until golden, 3-5 minutes (watch closely as broilers vary).

Whisk 2 teaspoons oil into the remaining dressing. Fluff rice with a fork; stir in half of the sliced scallions. Spoon broccoli and rice into bowls. Drizzle dressing over top. Top with barramundi, and garnish with sesame seeds and remaining sliced scallions. Enjoy!