



Five Spice-Glazed Barramundi

with Charred Broccoli & Jasmine Rice



ca. 20min



2 Servings

This restaurant-level meal can be on your table faster than you can make a reservation. Fragrant Chinese five spice powder enhances mild barramundi fillets with sweet and warm flavors. We crisp the delicate skin before gently cooking this meaty white fish in a sweet and savory glaze. Garlicky broccoli cooks alongside for a healthy side dish, and fluffy jasmine rice soaks up the addictive sauce.

What we send

- 5 oz jasmine rice
- 2 scallions
- 1 Fresno chile
- 2 (½ oz) tamari soy sauce ⁶
- 2 (½ oz) honey
- ¼ oz cornstarch
- ¼ oz Chinese five spice
- ½ lb broccoli
- 10 oz pkg barramundi ⁴

What you need

- kosher salt & ground pepper
- garlic
- neutral oil
- butter ⁷

Tools

- small saucepan
- medium nonstick skillet

Allergens

Fish (4), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760kcal, Fat 33g, Carbs 79g, Protein 37g



1. Make rice

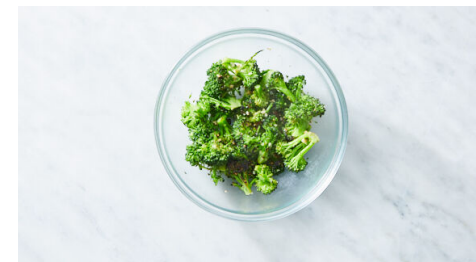
In a small saucepan, combine **rice, 1 ¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



2. Prep ingredients

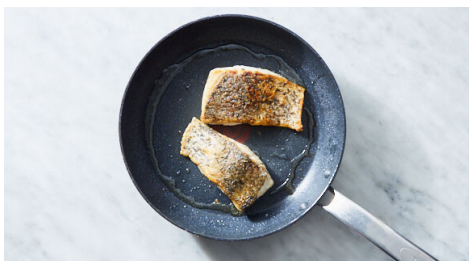
Meanwhile, thinly slice **scallions** keeping whites and dark greens separate. Thinly slice **Fresno chile**. Finely chop **2 teaspoons each of garlic and chile**. Slice remaining chile for garnish.

In a liquid measuring cup, whisk to combine **tamari, honey, ¼ cup water, ½ teaspoon cornstarch**, and **¼ teaspoon five spice** (or more depending on taste preference). Set aside until step 5.



3. Cook broccoli

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **broccoli** and **a pinch each of salt and pepper**. Cook, stirring occasionally, until starting to brown, 2-4 minutes. Reduce heat to medium; add **half the chopped garlic** and **2 tablespoons water**. Immediately cover skillet and steam broccoli until tender, 1-3 minutes. Transfer to bowl and cover. Wipe out skillet.



4. Cook fish

Pat **fish** very dry; season with **salt** and **pepper**. Heat **2 tablespoons oil** in same 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, very crisp, and fish is almost cooked through, about 5 minutes.



5. Make sauce

Flip **fish** and cook until just medium, about 1 minute. Reduce heat to medium. To skillet add **1 tablespoon butter, remaining garlic, chiles, and scallion whites and light greens**. Cook, stirring, until fragrant. Add **sauce mixture** and bring to a simmer stirring. Cook until thickened, about 1 minute.



6. Finish & serve

Fluff **rice** with a fork and spoon onto plates alongside **broccoli and fish**. Spoon **sauce** over **fish** and garnish with **remaining chiles, scallion greens**, and a **dusting of Chinese five spice**. Enjoy!