

Barramundi & Caribbean Tomato Sauce

with Coconut Rice & Spinach

PREP TIME: 15 minutes

COOK TIME: 20-30 minutes

SERVINGS: 2

Tonight's recipe takes inspiration from the complex fish stews popular in Jamaica and the Caribbean. Barramundi pairs perfectly with a rich tomato sauce, cooked with a bit of molasses and a blend of spices like dried bell pepper, cayenne and allspice. (After browning the skin side of the barramundi, we're finishing the other side in the sauce, preserving the crispy texture on top.) These warming flavors find a cooling counterpoint in a side of coconut rice.



BLUE APRON WINE PAIRING:

DeSante "L'Atelier" White Wine, 2016

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Ingredients



2
SKIN-ON
BARRAMUNDI
FILLETS



1/2 cup
JASMINE RICE



1 14-oz can
DATTERINI
TOMATOES



6 oz
SPINACH



2 cloves
GARLIC



1
CARROT



1
LIME



2
SCALLIONS



2 tsp
MOLASSES



1 1-inch piece
GINGER



1/2 cup
COCONUT MILK
POWDER



2 tsp
CARIBBEAN SPICE
BLEND*

* Green Bell Pepper Powder, Ground Allspice, Onion Powder, Cayenne Pepper & Ground Thyme



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ In a medium bowl, combine the **coconut milk powder** and **1 cup of water**; whisk until smooth.
- ☐ Peel the carrot and thinly slice into rounds.
- ☐ Peel and roughly chop the garlic.
- ☐ Peel and finely chop the ginger.
- ☐ Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- ☐ Quarter the lime.



2 Make the coconut rice:

- ☐ In a small pot, combine the **rice**, **coconut milk powder mixture** and **a big pinch of salt**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the liquid has been absorbed and the rice is tender. Turn off the heat and fluff the cooked rice with a fork. Set aside in a warm place.

3 Cook the vegetables:

- ☐ While the rice cooks, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrot**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened. Add the **spinach**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until wilted. Transfer to a plate and season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.



4 Start the barramundi:

- ☐ While the rice continues to cook, pat the **barramundi** dry with paper towels. Season with salt and pepper on both sides. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned barramundi, skin sides down, and cook 3 to 5 minutes, or until lightly browned and crispy. Leaving any browned bits (or fond) in the pan, transfer to a plate, skin sides up.

5 Make the sauce:

- ☐ To the pan of reserved fond, add the **ginger**, **garlic** and **white bottoms of the scallions**; season with salt and pepper. (If the pan seems dry, add 1 teaspoon of olive oil). Cook on medium-high, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **tomatoes** and season with salt and pepper. Cook, stirring frequently and smashing the tomatoes with the back of a spoon, 2 to 3 minutes, or until the tomatoes have broken down. Add the **molasses** and the **juice of 2 lime wedges**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until thoroughly combined. Season with salt and pepper to taste.



6 Finish the barramundi & plate your dish:

- ☐ Add the **browned barramundi** to the pan, skin sides up. Cook, without stirring, 2 to 3 minutes, or until cooked through. Turn off the heat.
- ☐ Divide the **coconut rice**, **cooked vegetables** and **sauce** between 2 dishes. Top with the finished barramundi. Garnish with the **green tops of the scallions**. Serve with the **remaining lime wedges** on the side. Enjoy!