



Crispy Sea Bream and Lime Coriander Rice

with Sticky Asian Style Sauce, Charred Pak Choi and Sugar Snaps

29

Premium 30-35 Minutes • Mild Spice • 1 of your 5 a day



-  Coriander
-  Pak Choi
-  Lime
-  Basmati Rice
-  Vegetable Stock Paste
-  Sweet Chilli Sauce
-  Soy Sauce
-  Honey
-  Sesame Seeds
-  Sea Bream Fillet
-  Sugar Snap Peas

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Zester, saucepan, lid, bowl, frying pan and aluminium foil.

Ingredients

	2P	3P	4P
Coriander**	1 bunch	1 bunch	1 bunch
Pak Choi**	1	2	2
Lime**	1	1	1
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Sweet Chilli Sauce	32g	48g	64g
Soy Sauce 11) 13)	25ml	37ml	50ml
Honey	2 sachets	3 sachets	4 sachets
Sesame Seeds 3)	7g	15g	15g
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp
Sea Bream Fillet** 4)	2	3	4
Sugar Snap Peas**	150g	300g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	423g	100g
Energy (kJ/kcal)	2692/643	636/152
Fat (g)	18	4
Sat. Fat (g)	3	1
Carbohydrate (g)	90	21
Sugars (g)	24	6
Protein (g)	33	8
Salt (g)	3.81	0.90

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 4) Fish 10) Celery 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Roughly chop the **coriander** (stalks and all).
Quarter the **pak choi** lengthways. Zest and halve the **lime**.



Fry the Fish

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **bream** on each side with **salt** and **pepper**. When hot, lay the **fish** in your pan, skin-side down, and fry until golden brown, 3-4 mins. **TIP: Don't move the fish during this time.** Once golden, gently turn it over and cook for a further 2-3 mins. **IMPORTANT: Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.** Once cooked, transfer to a plate and cover with foil to keep warm.



Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice, veg stock paste** and **half the coriander**. Bring to the boil on medium-high heat. Once boiling, turn the heat down to medium and cover with the lid. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Bring on the Veg

Return the (now empty) frying pan to medium-high heat with a drizzle of **oil**. When hot, add the **sugar snap peas** and stir-fry for 1-2 mins. Add the **pak choi**, cut-side down, and cook until starting to colour and soften slightly, 2-3 mins. Pour the **sticky sauce** into the pan and simmer until slightly thickened, 2-3 mins. Stir to coat the **veg** in the **sauce**.



Make the Sticky Sauce

Meanwhile, mix the **sweet chilli sauce, soy sauce, honey, sesame seeds** and **water for the sauce** (see ingredients for amount) together in a bowl. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.** Squeeze in **half the lime juice** and stir together. Set aside your **sticky sauce**.



Finish and Serve

Fluff up the **rice** with a fork and stir through the **lime zest**. Share between your bowls and place the **fish** on top. Spoon over the **veggies** and pour on the **sauce**. Sprinkle with the remaining **coriander**.

Enjoy!