



CRUNCHY SESAME AND SRIRACHA WHITING

with Coriander Slaw and Jasmine Rice



HELLO SESAME SEEDS

The seed pods burst open when ripe - hence the phrase 'Open Sesame' from Ali Baba!



Jasmine Rice



Lime



Coriander



Spring Onion



Sriracha



Mayonnaise



Panko Breadcrumbs



Sesame Seeds



Whiting Fillet



Coleslaw Mix



Rice Vinegar

MEAL BAG

25 mins

1 of your 5 a day

Medium heat

Whiting is a small member of the cod family that is very similar in flavour but more sustainable to buy than cod. Much like cod, it's texture is light, flaky and delicate which pairs brilliantly with the tangy Asian flavours in this dish and the crispy outer texture created by the breadcrumbs and sesame seed coating. Simply stir together coleslaw with coriander, lime juice and the sriracha and mayo mix for the coriander slaw and serve on the side for a beautiful pop of colour and intense flavour.

4

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Fine Grater**, **Baking Tray** and some **Baking Paper**. Now let's get cooking!



1 COOK THE RICE

Preheat your oven to 200°C. Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, add a pinch of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



4 COOK THE FISH

When you have taken the **rice** off the heat to steam, pop the baking tray onto the top shelf of the oven until the **fish** is cooked and the **breadcrumbs** are golden, 8-10 mins. **! IMPORTANT:** The fish is cooked when *opaque in the middle!*



2 GET PREPPED

Meanwhile, zest the **lime** and cut in half. Roughly chop the **coriander** (stalks and all). Trim, then thinly slice the **spring onion**. Mix the **sriracha** and the **mayo** together in a small bowl, then transfer **half** of it to a larger bowl (you will add the coleslaw mix to this later). Line a baking tray with baking paper.



5 MAKE THE SLAW

While your **fish** is cooking, pop the **coleslaw mix** into the larger bowl with the **mayo** (not the mayo you used for your fish). Add in the **coriander**, **half** the **lime juice**, the **rice vinegar** (see ingredients for amount) and a pinch of **salt** and **pepper**. Mix everything together well to combine. Taste, and add a pinch more **salt** and **pepper** if needed.



3 COAT THE FISH

Mix the **panko breadcrumbs** and **sesame seeds** together in another small bowl. Stir in 1 tsp of **olive oil** per person and a pinch of **salt** and **pepper**. Lay the **fish fillets**, skin-side down, onto the baking tray. From your small bowl of **mayo**, spread ½tsp of the **sriracha mayo** on top of each **fillet**. Sprinkle over the **sesame seed breadcrumbs** to coat, press down lightly so that they stick.

! IMPORTANT: Remember to wash your hands and equipment after handling raw fish!



6 FINISH AND SERVE

Once your **fish** has finished cooking, fluff up the **rice** with a fork and mix in the **lime zest**, remaining **lime juice** and the **spring onion**. Add a pinch of **salt** if you think it needs it. Share between your plates and pop a **crunchy fish fillet** on top. Serve the **coriander slaw** to the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Lime *	1	1	2
Coriander *	1 bunch	1 bunch	1 bunch
Spring Onion *	1	2	2
Sriracha	1 sachet	1½ sachets	2 sachets
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets
Panko Breadcrumbs 13)	10g	15g	20g
Sesame Seeds 3)	1 small pot	1 large pot	1 large pot
Whiting Fillet 4) *	4	6	8
Coleslaw Mix *	1 bag	1½ bags	2 bags
Rice Vinegar	½ sachet	¾ sachet	1 sachets

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 310G	PER 100G
Energy (kJ/kcal)	2345 / 561	756 / 181
Fat (g)	18	6
Sat. Fat (g)	2	1
Carbohydrate (g)	70	22
Sugars (g)	5	2
Protein (g)	26	9
Salt (g)	0.67	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

3) Sesame 4) Fish 8) Egg 9) Mustard 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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