



Coconut Fish & Makrut Lime Sauce

with Jasmine Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Jasmine Rice



Ginger



Garlic



Carrot



Asian Greens



Makrut Lime Leaves



White Fish Fillets



Coconut Milk



Long Green Chilli (Optional)



Crispy Shallots



Hands-on: **25-35 mins**
Ready in: **30-40 mins**



Spicy (optional long green chilli)



Eat me first

We're going nuts for this aromatic coconut sauce infused with the citrus of makrut lime leaves. Top your golden fish fillets and stir-fried Asian veggies with this saucy delight and let the jasmine rice soak up the rest for a truly spectacular taste sensation.

Pantry items

Olive Oil, Plain Flour, Brown Sugar, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan · Small saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
ginger	1 knob	2 knobs
garlic	1 clove	2 cloves
carrot	1	2
Asian greens	1 packet	1 packet
makrut lime leaves	2 leaves	4 leaves
salt*	¼ tsp	½ tsp
plain flour*	1½ tbs	3 tbs
white fish fillets	1 packet	1 packet
coconut milk	1 tin (200ml)	1 tin (400ml)
brown sugar*	1 tsp	2 tsp
soy sauce*	4 tsp	2½ tbs
long green chilli (optional)	½	1
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3050kJ (729Cal)	649kJ (155Cal)
Protein (g)	39.8g	8.5g
Fat, total (g)	25.5g	5.4g
- saturated (g)	15.1g	3.2g
Carbohydrate (g)	78.6g	16.7g
- sugars (g)	8.9g	1.9g
Sodium (mg)	880mg	187mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the jasmine rice

In a medium saucepan, add the **water** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Prep the veggies

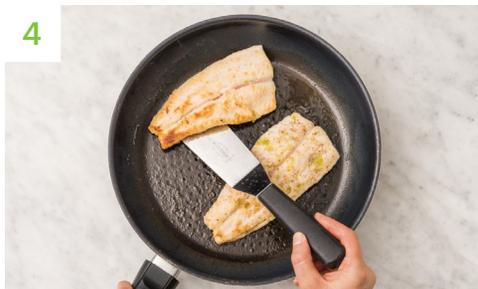
While the rice is cooking, finely grate the **ginger**. Finely chop the **garlic**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Very thinly slice the **makrut lime leaves**.

TIP: The makrut lime leaves are fibrous so make sure to slice them very thinly.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **carrot** and cook, tossing, until softened, **5-6 minutes**. Add the **Asian greens** and cook until wilted, **1-2 minutes**. Season with **salt** and **pepper**, then transfer to a plate and cover to keep warm.



Cook the fish

Combine the **salt** and **plain flour** on a plate, then season with **pepper**. Add the **white fish fillets** and turn to coat in the seasoned **flour**. Wipe out the frying pan with paper towel and return to a medium-high heat with a good drizzle of **olive oil**. When the oil is hot, cook the **fish** until golden and just cooked through, **3-4 minutes** on each side (depending on thickness).

TIP: The fish is cooked through when it turns from translucent to white.



Make the sauce

While the fish is cooking, heat a small saucepan over a medium-high heat. Add the **coconut milk**, **ginger**, **garlic**, **makrut lime**, **brown sugar** and **soy sauce** and cook, stirring occasionally, until fragrant and heated through, **4-5 minutes**.



Serve up

Thinly slice the **long green chilli** (if using). Divide the jasmine rice between bowls. Top with the veggies and fish. Spoon over the makrut lime coconut sauce. Garnish with the **crispy shallots** and chilli (if using).

Enjoy!