



# Sichuan Glazed Snapper

with Chilli-Garlic Rice & Soy Greens

Grab your Meal Kit with this symbol



Garlic



Long Green Chilli (Optional)



Basmati Rice



Broccoli



Snow Peas



Coriander



Lime



Snapper



Sichuan Garlic Paste



Crispy Shallots

Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

 Spicy (optional long green chilli)

 Eat me first

We've gone a little bit fancy on you with this snazzy snapper, coated in a mild Sichuan sauce and loaded with tasty umami flavours. Accompanied by crunchy greens and chilli-infused garlic rice, you won't believe you whipped up such a delight.

### Pantry items

Olive Oil, Butter, Soy Sauce

## Before you start

Our fruit and veggies need a little wash first!

### You will need

Medium saucepan with a lid · Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
long green chilli (optional)	1	2
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1 ½ cups	3 cups
salt*	¼ tsp	½ tsp
broccolini	1 bunch	2 bunches
snow peas	1 bag (100g)	1 bag (200g)
coriander	1 bunch	1 bunch
lime	½	1
soy sauce*	2 tsp	4 tsp
snapper	1 packet	2 packets
Sichuan garlic paste	1 packet (80g)	2 packets (160g)
water* (for the sauce)	4 tsp	2½ tbs
crispy shallots	1 packet	2 packet

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3070kJ (734Cal)	707kJ (169Cal)
Protein (g)	44.6g	10.3g
Fat, total (g)	21.3g	4.9g
- saturated (g)	8.8g	2.0g
Carbohydrate (g)	88.4g	20.4g
- sugars (g)	16.2g	3.7g
Sodium (g)	1220mg	280mg

### Allergens

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

### Fancy a Drop?

We recommend pairing this meal with Sauvignon Blanc or Riesling



## 1. Cook the chilli & garlic rice

Finely chop the **garlic** (or use a garlic press). Finely chop the **long green chilli** (if using). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the **garlic** and **chilli** (if using) and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



## 2. Get prepped

While the rice is cooking, slice the **broccolini** lengthways. Trim the **snow peas**. Roughly chop the **coriander**. Slice the **lime** (see ingredients list) into wedges.



## 3. Cook the greens

Heat a medium frying pan over a medium-high heat. Add the **broccolini** with a **splash of water** and cook, stirring, until softened and the water has evaporated, **3 minutes**. Add a **drizzle of olive oil** and the **snow peas**. Cook until tender, **4-5 minutes**. Add the **soy sauce**, stir to coat, then transfer to a medium bowl and cover to keep warm.



## 4. Cook the snapper

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Season the snapper on both sides with **salt** and **pepper** and add to the pan. Cook until just cooked through, **2-4 minutes** each side.

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



## 5. Glaze the snapper

Remove the pan from the heat and pour the **Sichuan garlic paste** and **water (for the sauce)** over the **snapper**. Turn to coat.



## 6. Serve up

Divide the chilli-garlic rice between bowls and top with the Sichuan-glazed snapper and soy greens. Spoon over any excess glaze from the pan and garnish with the **crispy shallots** and coriander. Serve with the lime wedges.

## Enjoy!