



STEAMED GINGER-SOY FISH PARCELS

with Jasmine Rice & Snow Peas



Steam fish and vegetables in a parcel



Hands-on: 20 mins



Ready in: 35 mins



Naturally gluten-free



Spicy (optional long red chilli)



Low calorie

F

Eat me early

Unwrapping this parcel feels like a real gift – as long as you seal the foil up thoroughly, opening the package up reveals a beautiful aromatic steam that gently wafts up to greet you before you dig in.



Jasmine Rice



Garlic



Ginger



Hoki



Long Red Chilli (Optional)



Spring Onion



Snow Peas



Green Beans

Pantry Staples: Olive Oil, Soy Sauce (or Tamari Soy Sauce), Honey

BEFORE YOU START

Our fruit and veggies need a little wash before you use them!! You will need: **chef's knife, chopping board, sieve, medium saucepan** with a **lid, wooden spoon, fine grater, small bowl, oven tray** and **aluminium foil**.



1 COOK THE RICE

Preheat the oven to **200°C/180°C fan-forced**. Rinse the **Jasmine rice** well. Add the **water** (**use suggested amount**) to a medium saucepan and bring to the boil. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for **11-12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed. **TIP:** Refrain from lifting the lid as this allows steam to escape and slows down the cooking process.



2 GET PREPPED

While the rice is cooking, finely grate the **ginger**. Peel and finely grate the **garlic**. Finely slice the **long red chilli** (if using). Finely slice the **spring onion**. Trim the **green beans**. Trim the **snow peas**.



3 MAKE THE GINGER-SOY MARINADE

In a small bowl, combine the **ginger**, **garlic**, **long red chilli** (if using), **spring onions**, **soy sauce**, **honey** and a **drizzle of olive oil** and mix well.



4 PREPARE THE FISH PARCELS

Place large squares (30cm) of aluminium foil onto an oven tray (one per person). Divide the **green beans** and **snow peas** between the squares and top with the **hoki** fillets. Spoon the ginger-soy marinade over the fish and vegetables and fold in the foil to form parcels. **TIP:** The fish and veggies will steam inside the foil parcels so make sure you fold them tightly!



5 BAKE THE FISH PARCELS

Place the fish parcels on an oven tray and place in the oven to bake for **15 minutes**, or until the fish is just cooked through. **TIP:** The fish is cooked when the centre turns from translucent to white.

6 SERVE UP

Divide the Jasmine rice and veggies between plates. Open up the foil parcels and top the rice with the veggies and steamed ginger-soy fish. Spoon over any remaining juices from the parcel.

ENJOY!

2|4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
Jasmine rice	1 packet ($\frac{3}{4}$ cup)	2 packets (1½ cups)
water*	1½ cups	2½ cups
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
long red chilli (optional)	1	2
spring onion	1 bunch	1 bunch
green beans	1 packet	1 packet
snow peas	1 bag	1 bag
soy sauce* (or Tamari soy sauce)	2 tbs	½ cup
honey*	2 tsp	1 tbs
hoki	1 packet	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1840kJ (440Cal)	356kJ (85Cal)
Protein (g)	30.5g	5.9g
Fat, total (g)	2.7g	0.5g
- saturated (g)	0.5g	less than 0.1g
Carbohydrate (g)	70.5g	13.6g
- sugars (g)	8.1g	1.6g
Sodium (g)	980mg	190mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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