



# Teriyaki Seabass

with Rainbow Vegetable and Noodle Stir Fry

**EXTRA RAPID** 10 Minutes

Nº 12



Lime



Shiitake Mushrooms



Soy Sauce



Honey



Ketjap Manis



Sea Bass Fillets



Noodles



Rainbow Vegetable Mix

## Before you start

Our fruit and veggies need a little wash before you use them!

### Basic cooking tools, you will need:

Large Saucepan, Fine Grater, Foil, Baking Tray and Large Frying Pan.

### Ingredients

	2P	3P	4P
Lime**	½	1	1
Shiitake Mushrooms**	1 punnet	2 punnets	2 punnets
Soy Sauce <b>11</b> <b>13</b>	1 sachet	1 sachet	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Ketjap Manis <b>11</b> <b>13</b>	1 sachet	2 sachets	2 sachets
Sea Bass Fillets <b>4</b> **	2	3	4
Noodles <b>8</b> <b>13</b>	2 nests	3 nests	4 nests
Rainbow Vegetable Mix**	1 pack	1½ packs	2packs

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	324g	100g
Energy (kJ/kcal)	1987 /475	613/147
Fat (g)	10	3
Sat. Fat (g)	2	1
Carbohydrate (g)	68	21
Sugars (g)	19	6
Protein (g)	29	9
Salt (g)	3.56	1.10

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**4)** Fish **8)** Egg **11)** Soya **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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Get Started

- Bring a large saucepan of **water** to the boil with ¼ tsp **salt**.
- Preheat your grill to high.
- Zest and halve the **lime**.
- Halve the **shiitake mushrooms**.
- In a small bowl, mix together the **soy sauce**, **honey** and **ketjap manis**.
- Line a baking tray with foil and drizzle with **oil**.

## 2. Get Cooking

- Pop the **sea bass** (skin side down) on the foil and pour a tablespoon of the **sauce** over each **fillet**. Spread with the back of the spoon to coat the **fish**. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.
- When the **water** is boiling, add the **noodles** and cook for 4 mins.
- Pop the **fish** under the grill and cook until the **sauce** is caramelising and the **fish** is cooked, 4-5 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.
- Meanwhile, heat a drizzle of **oil** in a large frying pan over high heat. Once hot, add the **rainbow vegetable mix** and **shiitake mushrooms**. Stir fry until just tender, 2 mins.

## 3. Finish Up

- Add the remaining **soy mixture** with the **lime zest**, a squeeze of **lime juice** and a splash of **water**.
- Drain the **noodles**, then add to the pan of **vegetables** and mix together. Continue to cook until everything is piping hot.
- Add any remaining **sauce** to the **noodles**.
- Divide the **noodles** between plates and top with the **sea bass**.
- Serve with **lime wedges** alongside.

Enjoy!