



Thai Style Sea Bass

with Green Beans and Lime Rice

CLASSIC 35 Minutes • Very Hot!

N° 4



Jasmine Rice



Lime



Red Chilli



Garlic Clove



Mirin



Ginger



Coriander



Green Beans



Soy Sauce



Sea Bass Fillets

Before you start

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

Basic cooking tools, you will need:

Saucepan, Fine Grater and Frying Pan.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Ginger**	½ piece	¾ piece	1 piece
Lime**	½	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Green Beans	1 small pack	1 large pack	2 small packs
Garlic Clove**	1 clove	1 clove	2 cloves
Soy Sauce 11 13)	1 sachet	2 sachets	2 sachets
Mirin	1 sachet	2 sachets	2 sachets
Sea Bass Fillets 4 **	2 fillets	3 fillets	4 fillets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	296g	100g
Energy (kJ/kcal)	1973 /472	668 /160
Fat (g)	10	3
Sat. Fat (g)	2	1
Carbohydrate (g)	67	23
Sugars (g)	3	1
Protein (g)	26	9
Salt (g)	2.28	0.77

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish **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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Packed in the UK



1. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp 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 Green Beans

About 10 mins before the **rice** is done, heat a large frying pan over medium high heat with a drizzle of **oil**. Once hot, add the **green beans** and stir fry until golden brown, 2-3 mins, then add the **garlic** and remaining **ginger** and cook for a further minute. Add a splash of **water** and cover with a lid (or some foil) then cook until tender, 2-3 more mins. Once cooked, transfer to a plate and cover with foil to keep warm. Wipe out the pan carefully but don't wash it.



2. Get Prepped

Peel and grate the **ginger**. Zest the **lime** and then cut into wedges. Roughly chop the **coriander** (stalks and all). Halve the **chilli** lengthways, deseed then finely chop. Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press).



5. Cook the Fish

Return the frying pan to medium high heat with a drizzle of **oil**. Add the **sea bass** to the pan skin side down, season with **salt** and **pepper** and cook until the skin is golden brown, 2-3 mins, then turn over and cook for a further 2 mins. **TIP: Don't move the fish while it's cooking skin side down or you won't get a crispy skin! IMPORTANT: The fish is cooked when opaque in the middle.**



3. Make the Sauce

Pop the **soy sauce** and **mirin** in a small bowl, add a pinch of **sugar** (if you have some), **half** the **ginger**, **half** the **lime zest**, **half** the **coriander** and as much **chilli** as you dare. Add 1 tbsp **water** per person. Mix well and set aside.



6. Glaze and Serve!

While the **fish** is cooking, carefully stir the **lime zest** and remaining **coriander** through the **rice**. Divide between plates and top with the **green beans**. Once the **fish** is done, place it on top of the **rice** and **beans** skin side up. Quickly wipe out the pan you used to cook the **fish** in and add the **soy mixture**. Bring to a simmer and allow to bubble, stirring, until thickened and sticky, 30 seconds. Pour this over the **fish**, **green beans** and **rice** and serve with the **lime wedges** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.