



# TILAPIA WITH SCALLION SRIRACHA PESTO

over Ginger Rice with Green Beans



## HELLO

### SCALLION SRIRACHA PESTO

This dynamic condiment hits all the right notes.

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 670**



Ginger



Lime



Sesame Oil



Sriracha



Green Beans



Scallions



Jasmine Rice



Sesame Seeds



Tilapia  
(Contains: Fish)



Soy Sauce  
(Contains: Soy, Wheat)

## START STRONG

Making pesto is more art, less science. Give the mixture a taste in step 3. Does it need more acid? Add lime. A stronger flavor? Add ginger. More sweetness? Grab a pinch of sugar.

## BUST OUT

- Peeler
  - Large pan
  - Small pot
  - Kosher salt
  - 2 Medium bowls
  - Black pepper
  - Paper towels
  - Sugar (1 tsp | 2 tsp)
  - Olive oil (1 TBSP | 2 TBSP)
  - Vegetable oil (2 tsp | 2 tsp)
  - Butter (2 TBSP | 4 TBSP)
- (Contains: Milk)

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Ginger **1 Thumb** | **2 Thumbs**
- Scallions **4** | **8**
- Lime **1** | **2**
- Jasmine Rice **½ Cup** | **1 Cup**
- Sesame Oil **1 TBSP** | **2 TBSP**
- Sesame Seeds **1 TBSP** | **1 TBSP**
- Sriracha **1 tsp** | **2 tsp**
- Tilapia\* **11 oz** | **22 oz**
- Green Beans **6 oz** | **12 oz**
- Soy Sauce **2 TBSP** | **2 TBSP**

\* Tilapia is fully cooked when internal temperature reaches 145 degrees.

## WINE CLUB

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# HelloFRESH



## 1 PREP

Wash and dry all produce (except green beans). Peel and mince or grate ginger. Trim and finely chop scallions. Halve lime; cut one half into wedges.



## 4 COOK FISH

Pat tilapia dry with paper towels; season generously all over with salt and pepper. Heat a large drizzle of oil in a large, preferably nonstick, pan over medium-high heat. Add tilapia and cook until browned and cooked through, 4-6 minutes per side.



## 2 COOK RICE

Melt 1 TBSP butter (2 TBSP for 4 servings) in a small pot over medium-high heat. Add 1 TBSP minced ginger (2 TBSP for 4). Cook, stirring, until fragrant, 30-60 seconds. Add ¾ cup water (1½ cups for 4) and a pinch of salt. Bring to a boil, then stir in rice. Cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



## 5 COOK GREEN BEANS

Pierce green bean bag with a fork; place bag on a plate. Microwave until tender, 1-2 minutes. (TIP: No microwave? No problem! Steam beans in a small pot with a splash of water until just tender, 5-7 minutes.) Transfer to a second medium bowl, then add 1 TBSP butter (2 TBSP for 4 servings) and stir until melted. Season with salt and pepper.



## 3 MAKE SCALLION PESTO

Meanwhile, in a medium bowl, combine scallions, sesame oil, half the sesame seeds, 1 TBSP olive oil, 1 tsp ginger, 1 tsp sugar, juice from lime half, and sriracha to taste. (For 4 servings, use all the sesame seeds, 2 TBSP olive oil, 2 tsp ginger and sugar, and juice from 1 lime.) Season with salt and pepper; add more ginger or lime to taste.



## 6 FINISH AND SERVE

Fluff rice with a fork; season with salt and pepper. Divide rice and green beans between plates. Arrange tilapia on top of rice, then drizzle all over with scallion pesto and soy sauce to taste. Serve with any remaining lime wedges on the side.

## THE BESTO

Impressed by scallion pesto? Try serving it again with steak.

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