



# TILAPIA WITH SESAME-SCALLION PESTO

over Ginger Rice with Green Beans

## INGREDIENTS

2 PERSON | 4 PERSON

-  **1 Thumb | 2 Thumbs**  
Ginger
-  **4 | 8**  
Scallions
-  **1 | 2**  
Lime
-  **½ Cup | 1 Cup**  
Jasmine Rice
-  **1 TBSP | 2 TBSP**  
Sesame Oil
-  **1 TBSP | 1 TBSP**  
Sesame Seeds
-  **0.5 oz | 0.5 oz**  
Gochujang Sauce  
Contains: Soy, Wheat
-  **11 oz | 22 oz**  
Tilapia  
Contains: Fish
-  **6 oz | 12 oz**  
Green Beans
-  **2 TBSP | 2 TBSP**  
Soy Sauce  
Contains: Soy, Wheat



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WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



### HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



**12 oz | 24 oz**  
Cauliflower Rice **Calories: 520**



**PREP: 10 MIN | COOK: 30 MIN | CALORIES: 650**





HELLO

## SCALLION GOCHUJANG PESTO

Tangy, sweet, savory, and spicy all at once.

### PESTO CHANGO

Making pesto is more art, less science. Does it need more acid? More lime. A stronger flavor? More ginger—you get it.

### BUST OUT

- Small pot
- Paper towels
- 2 Medium bowls
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (1 TBSP | 2 TBSP)
- Sugar (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)

Contains: Milk

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



### 1 PREP

- Wash and dry produce (except green beans).
- Peel and mince or grate ginger. Trim and finely chop scallions. Halve lime; cut one half into wedges (for 4 servings, halve one lime and quarter remaining).



### 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. Turn off heat.



### 2 COOK RICE

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

- Cook ginger as instructed. Add cauliflower rice (no need to drain), a big pinch of salt, and pepper. Cook, stirring occasionally, until tender and any excess liquid has absorbed, 6-8 minutes. (Save jasmine rice for another use.)



### 5 COOK GREEN BEANS

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



### 3 MAKE SCALLION PESTO

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



### 6 FINISH & SERVE

- Fluff rice with a fork and season with salt and pepper.
- Divide rice and green beans between plates. Arrange tilapia over rice; drizzle with scallion gochujang pesto and soy sauce to taste. Serve with lime wedges on the side.

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