



Teriyaki Basa Poke Style Bowl

with Zesty Jasmine Rice, Green Beans and Kiwi Salsa

6

Classic 25-30 Minutes • Mild Spice • 1 of your 5 a day



Jasmine Rice



Kiwi



Red Chilli



Lime



Green Beans



Garlic Clove



Basa Fillets



Teriyaki Sauce



Salted Peanuts

Recipe Update

Due to challenges with our supplier, you'll receive **basa fillets** instead of **king prawns**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Saucepan, lid, fine grater, bowl, garlic press, kitchen paper, baking paper, baking tray, frying pan and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Kiwi**	1	2	2
Red Chilli**	1	1	1
Lime**	1	1	1
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
Basa Fillets** 4)	2	3	4
Teriyaki Sauce 11)	75g	125g	150g
Salted Peanuts 1)	25g	25g	40g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2916 /697	547 /131
Fat (g)	13.0	2.4
Sat. Fat (g)	4.8	0.9
Carbohydrate (g)	87.5	16.4
Sugars (g)	18.8	3.5
Protein (g)	34.9	6.5
Salt (g)	2.84	0.53

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut 4) Fish 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Cook the Rice

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



Stir-Fry the Beans

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Stir in the **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the beans are tender, 4-5 mins.



Make the Kiwi Salsa

Peel the **kiwi**, then cut into 1cm chunks. Halve the **red chilli** lengthways, deseed, then finely chop.

Zest and halve the **lime**.

Pop the **kiwi** and **chilli** (add less if you'd prefer things milder) into a medium bowl. Squeeze in the **lime juice** and **olive oil for the salsa** (see pantry for amount). Season with **salt** and **pepper**, mix together, then set aside.

Trim and halve the **green beans**. Peel and grate the **garlic** (or use a garlic press).



Teriyaki Time

When the **basa** has 5 mins remaining, spoon the remaining **teriyaki sauce** over the **fillets**.

Return the tray back to the oven for the remaining cooking time.

Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.



Bring on the Basa

Pat the **basa** dry with kitchen paper. Season with **salt** and **pepper**. Lay the **fish** on a lined large baking tray.

Pour a tablespoon of **teriyaki sauce** over each **fillet**. Spread with the back of the spoon to coat the **fish**.

When the oven is hot, bake the **fish** on the middle shelf until cooked, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Finish and Serve

Fluff up the **rice** with a fork and stir through the **lime zest**.

Share the **rice** between your bowls, then serve the **teriyaki basa**, **kiwi salsa** (including the **juices**) and **green beans** in separate sections on top.

Sprinkle over the **crushed peanuts** to finish.

Enjoy!