

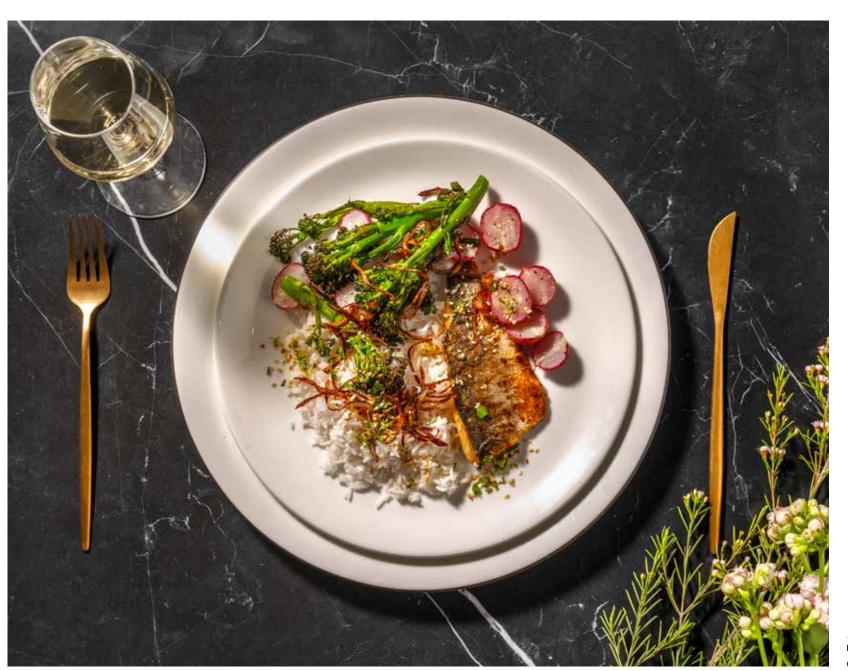
Bulgogi Glazed Sea Bream and Basmati Rice



with Roasted Radishes & Tenderstem®, Coriander Drizzle and Crispy Onion

Premium

35 Minutes • 1 of your 5 a day









Basmati Rice







Coriander





Tenderstem®



Bulgogi Sauce



Soy Sauce

Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, lid, zester, baking tray, frying pan, kitchen paper and bowl.

Ingredients

| | 2P | 3P | 4P |
|---|---------|---------|---------|
| Garlic Clove** | 1 | 2 | 2 |
| Water for the Rice* | 300ml | 450ml | 600ml |
| Basmati Rice** | 150g | 225g | 300g |
| Radish** | 100g | 150g | 200g |
| Lime** | 1/2 | 3/4 | 1 |
| Coriander** | 1 bunch | 1 bunch | 1 bunch |
| Red Onion** | 1 | 1 | 2 |
| Tenderstem® Broccoli** | 150g | 300g | 300g |
| Olive Oil for the Drizzle* | 2 tbsp | 3 tbsp | 4 tbsp |
| Sea Bream Fillet** 4) | 2 | 3 | 4 |
| Bulgogi Sauce 11) | 75g | 120g | 150g |
| Soy Sauce 11) 13) | 15ml | 25ml | 30ml |
| *** * * * * * * * * * * * * * * * * * * | | | |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 440g | 100g |
| Energy (kJ/kcal) | 2850 /681 | 647 /155 |
| Fat (g) | 24 | 5 |
| Sat. Fat (g) | 4 | 1 |
| Carbohydrate (g) | 85 | 19 |
| Sugars (g) | 18 | 4 |
| Protein (g) | 31 | 7 |
| Salt (g) | 1.91 | 0.43 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 11) Soya 13) Gluten

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, 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.

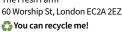
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Cook the Rice

Preheat your oven to 200°C. Peel and grate the garlic (or use a garlic press). Pour the cold water for the rice (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the rice, garlic and 1/4 tsp salt, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



Prep the Veg

Trim and halve the radishes. Zest and halve the lime (see ingredients for amount). Finely chop the coriander (stalks and all). Halve, peel and thinly slice the red onion.



Get Roasting

Halve any thick broccoli stems lengthways. Place the Tenderstem® broccoli and radishes onto a baking tray, drizzle with oil and season with salt and pepper. Roast on the top shelf until tender, 12-14 mins. Meanwhile, pour enough oil into a frying pan to cover the bottom, then pop it on medium-high heat. Separate the onion slices.



Crisp the Onions

When the oil is hot, add the onions and fry until golden and crispy, 3-5 mins. Transfer to some kitchen paper to absorb excess oil. When cooled, discard the **oil** and wipe out your pan for later. TIP: To check whether the the oil is hot enough, put one onion slice into the pan - if it sizzles, it's ready. Next, add the olive oil for the drizzle (see ingredients for amount) to a small bowl with the coriander and lime zest. Season with salt and a squeeze of lime juice, then mix together and set aside.



Fry the Sea Bream

When the **roasted veg** is nearly ready, return the frying pan to medium-high heat with a drizzle of oil. Once hot, carefully place your sea bream in the pan, skin-side down. Cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. TIP: To get crispy skin on the fish, don't move it around when it's cooking skin-side down. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle. Pour the bulgogi and soy sauce over the fish and turn to glaze in the sauce, then remove from the heat.



Finish Up

Divide the **rice** between plates, then top with the sea bream and its sauce (reheat if needed). Serve the roasted veg alongside. Finish with the coriander and lime drizzle and a scattering of crispy onions.

Enjoy!