



# Bulgogi Glazed Sea Bream and Basmati Rice

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

29

Premium 35 Minutes • 1 of your 5 a day



Garlic Clove



Basmati Rice



Radish



Lime



Coriander



Red Onion



Tenderstem®  
Broccoli



Sea Bream  
Fillet



Bulgogi Sauce



Soy Sauce

**Pantry Items**

Olive Oil, Water

## 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**	½	¾	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.

## Contact

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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 **¼ 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).



## 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.



## 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**.



## 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.



## 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**.



## 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!