



# Crispy Sea Bream & Lime Coriander Rice

with Sticky Asian Style Sauce, Charred Pak Choi and Sugar Snaps

**Premium** 30-35 Minutes • Mild Spice • 1 of your 5 a day

29



Coriander



Pak Choi



Lime



Basmati Rice



Vegetable Stock  
Paste



Sweet Chilli  
Sauce



Soy Sauce



Honey



Roasted White  
Sesame Seeds



Sea Bream Fillet



Sugar Snap Peas

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

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

## Cooking tools

Saucepan, lid, bowl, frying pan and aluminium foil.

## Ingredients

Ingredients	2P	3P	4P
Coriander**	1 bunch	1 bunch	1 bunch
Pak Choi**	1	2	2
Lime**	1	1	1
Basmati Rice	150g	225g	300g
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Sweet Chilli Sauce	32g	48g	64g
Soy Sauce <b>11) 13)</b>	25ml	37ml	50ml
Honey	2 sachets	3 sachets	4 sachets
Roasted White Sesame Seeds <b>3)</b>	7g	14g	14g
Sea Bream Fillet** <b>4)</b>	2	3	4
Sugar Snap Peas**	150g	300g	300g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	420g	100g
Energy (kJ/kcal)	2600 / 622	620 / 148
Fat (g)	16.3	3.9
Sat. Fat (g)	3	0.7
Carbohydrate (g)	89.7	21.4
Sugars (g)	24	5.7
Protein (g)	31.9	7.6
Salt (g)	3.81	0.91

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**3)** Sesame **4)** Fish **10)** Celery **11)** Soya **13)** Cereals containing 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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1



## Get Prepped

Roughly chop the **coriander** (stalks and all).  
Quarter the **pak choi** lengthways. Zest and halve the **lime**.

2



## Cook the Coriander Rice

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

Stir in the **rice**, **veg stock paste** and **half** the **coriander**. 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).

3



## Make the Sticky Sauce

Meanwhile, mix the **sweet chilli sauce**, **soy sauce**, **honey**, **sesame seeds** and **water for the sauce** (see ingredients for amount) together in a bowl.

**TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Squeeze in **half** the **lime juice** and stir together. Set aside your **sticky sauce**.

4



## Fish to Fry

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **bream** on each side with **salt** and **pepper**.

When hot, lay the **fish** in your pan, skin-side down, and fry until golden brown, 3-4 mins. **TIP:** To get *crispy skin*, don't move the fish during this time.

Once golden, gently turn it over and cook for a further 2-3 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.

Once cooked, transfer to a plate and cover with foil to keep warm.

5



## Bring on the Veg

Return the (now empty) frying pan to medium-high heat with a drizzle of **oil**.

When hot, add the **sugar snaps** and stir-fry for 1-2 mins. Add the **pak choi**, cut-side down, and cook until starting to colour and soften slightly, 2-3 mins.

Pour the **sticky sauce** into the pan and simmer until slightly thickened, 2-3 more mins. Stir to coat the **veg** in the **sauce**.

6



## Finish and Serve

When everything is ready, fluff up the **rice** with a fork and stir through the **lime zest**. Share between your bowls and top with the **fish**.

Spoon over the **veg** and all the **sticky sauce**, then sprinkle with the remaining **coriander** to finish.

## Enjoy!