



Crispy Sea Bream with Mango and Kiwi Salsa with Jasmine Rice and Charred Bok Choy

Premium 35 Minutes • Medium Spice • 2 of your 5 a day

23



Jasmine Rice



Mango



Kiwi



Spring Onion



Red Chilli



Coriander



Lime



Soy Sauce



Sesame Oil



Bok Choy



Sea Bream

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Measuring Jug, Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Mango**	½	¾	1
Kiwi**	1	2	2
Spring Onion**	2	3	4
Red Chilli**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1	1½	2
Soy Sauce 11 13	1 sachet	1½ sachets	2 sachets
Sesame Oil 3	½ sachet	¾ sachet	1 sachet
Bok Choy	2	3	4
Sea Bream 4 **	2 fillets	3 fillets	4 fillets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	508g	100g
Energy (kJ/kcal)	2372/567	467/112
Fat (g)	18	3
Sat. Fat (g)	3	1
Carbohydrate (g)	79	16
Sugars (g)	16	3
Protein (g)	30	6
Salt (g)	1.07	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame **4**) Fish **11**) Soya **13**) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



Char the Bok Choy

Heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, lay in the **bok choy**, cut-side down. Season with **salt** and a grind of **black pepper**. Cook for 2 mins, then turn over and cook for another 2 mins on the other side. The **bok choy** should be slightly browned and charred. Add a splash of **water** and pop a lid (or some foil) onto the pan and leave to steam for another 3 mins. Set the **bok choy** aside and cover with foil to keep warm but don't wash up the pan.



Start the Salsa

Using a peeler, peel the **mango** then stand it upright on your chopping board. Slice down either side of the stone to give you 2 'cheeks'. Slice any remaining flesh from the stone, then chop the **mango** into 1cm pieces. Discard the stone and pop the flesh into a medium bowl. Peel the **kiwi** and chop into 1cm pieces. Pop into the bowl with the **mango**.



Cook the Sea Bream

When the **rice** is nearly ready, wipe out the frying pan then return to medium-high heat with a drizzle of **oil**. Add the **sea bream** to the pan skin-side down, season with **salt** and **pepper** and cook until the skin is golden brown, 2-3 mins, then turn over and cook for a further 2 mins. **TIP: Don't move the fish while it's cooking skin side down or you won't get a crispy skin!** **IMPORTANT: The fish is cooked when opaque in the middle.**



Finish the Salsa and Prep

Trim the **spring onions** then slice thinly. Halve the **chilli** lengthways, de-seed then finely chop. Roughly chop the **coriander** (stalks and all). Add the **spring onion**, **coriander** and as much **chilli** as you dare to the **salsa** and give it a good stir. Zest and halve the **lime**. Keep the **zest** to one side. Squeeze the **lime juice** into a bowl, add the **soy sauce** and **sesame oil** and mix well. Halve the **bok choy** lengthways.



Finish Up!

While the **fish** cooks, pour the **dressing** into the mango bowl and mix well to coat. Add the **lime zest** to the **rice** and carefully stir through with a fork. Divide the **rice** between plates then top with the **sea bream** and serve with the **mango** and **kiwi salsa** and the charred **bok choy** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.