



Pan-Fried Bream

with Sticky Asian Sauce, Herby Rice and Charred Bok Choy

N° 13

PREMIUM 30 Minutes • Little Heat



Coriander



Bok Choy



Lime



Vegetable
Stock Powder



Basmati Rice



Sugarsnaps



Sweet Chilli Sauce



Soy Sauce



Honey



White Sesame Seeds



Sea Bream Fillet

Before you start

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

Basic cooking tools you will need:

Measuring Jug, Large Saucepan (with a Lid), Fine Grater Mixing Bowl, Large Frying Pan and Foil.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Coriander**	1 bunch	1 bunch	1 bunch
Bok Choy**	1	2	2
Lime**	1	1.5	2
Vegetable Stock Powder 10	1 sachet	1½ sachets	2 sachets
Basmati Rice	150g	225g	300g
Sugar Snap Peas**	1 pack	1½ packs	2 packs
Sweet Chilli Sauce	1 sachet	1½ sachets	2 sachets
Soy Sauce 11 13	1 sachet	1½ sachets	2 sachets
Honey	2 sachets	3 sachets	4 sachets
White Sesame Seeds 3	1 small pot	1 large pot	1 large pot
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp
Sea Bream Fillet 4 **	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	414g	100g
Energy (kJ/kcal)	2573 / 615	621 / 149
Fat (g)	15	4
Sat. Fat (g)	3	1
Carbohydrate (g)	85	21
Sugars (g)	23	6
Protein (g)	33	8
Salt (g)	3.14	0.76

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 4) Fish 10) Celery 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Get Prepped!

Pour the **water** for the rice (see ingredients for amount) into a large saucepan, add ¼ tsp of **salt** and bring to the boil on medium heat. Meanwhile, roughly chop the **coriander** (stalks and all). Quarter the **bok choy** lengthways through the root. Zest and halve the **lime**.



4. Fry the Fish

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: Don't move the fish during this time!** Once golden, gently turn it over and cook for a further 2-3 mins. **IMPORTANT: The fish is cooked when opaque in the middle.** Once cooked, transfer the **fish** onto a plate and cover with foil to keep warm. Keep the pan!



2. Cook the Rice

Stir the **stock powder** into the boiling **water** until dissolved, then add the **rice** and **half** the **coriander**. Stir and bring to the boil. Cover with a lid, reduce the heat to medium-low and simmer for 10 mins. When the **rice** has cooked for 10 mins, remove the lid, pop the **sugar snaps** on top of the **rice** (don't stir) and quickly replace the lid. Remove the pan from the heat and leave for another 10 minutes. The **rice** will finish cooking in its own steam.



5. Cook the Sauce

Return the now empty frying pan to medium-high heat with a drizzle of **oil**. When the pan is hot, add the **bok choy** (cut side down) and cook for 2-3 mins until starting to colour and soften slightly. Pour the **sauce** into the pan and simmer until slightly thickened, 2-3 more mins. Roll the **bok choy** around in the **sauce** to coat in all the delicious flavour!



3. Make the Sauce

Meanwhile, mix the **sweet chilli sauce**, **soy sauce**, **honey**, **sesame seeds** and **water** (see ingredients for amount) together in a bowl. Squeeze in **half** the **lime juice** and stir together. Set aside.



6. Finish and Serve

Stir the **sugar snaps** and **lime zest** through the **rice**. Spoon the **rice** into bowls and place the **fish** on top. Spoon the **bok choy** and **sauce** on the top and sprinkle over the remaining **coriander**.

Enjoy!