



Pan-Fried Bream

with Sticky Asian Sauce, Herby Rice and Charred Bok Choy

Premium 30 Minutes • Little Spice • 1 of your 5 a day

Nº 28



Coriander



Bok Choy



Lime



Basmati Rice



Vegetable
Stock Powder



Sugar Snap Peas



Sweet Chilli Sauce



Soy Sauce



Honey



Sesame Seeds



Sea Bream Fillet

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Saucepan, Bowl, and Frying Pan.

Ingredients

	2P	3P	4P
Coriander**	1 bunch	1 bunch	1 bunch
Bok Choy**	1	2	2
Lime**	1	1	1
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Sugar Snap Peas**	150g	300g	300g
Sweet Chilli Sauce	1 sachet	1½ sachet	2 sachets
Soy Sauce 11 13	1 sachet	1½ sachet	2 sachets
Honey	2 sachets	3 sachets	4 sachets
Sesame Seeds 3	15g	15g	15g
Water*	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 ingredient	413g	100g
Energy (kJ/kcal)	2713 / 648	658 / 157
Fat (g)	19	5
Sat. Fat (g)	3	1
Carbohydrate (g)	90	22
Sugars (g)	24	6
Protein (g)	32	8
Salt (g)	2.89	0.70

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3 Sesame **4** Fish **10** Celery **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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HelloFresh UK

Packed in the UK

The Fresh Farm

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Get Prepped

Roughly chop the **coriander** (stalks and all). Quarter the **bok choy** lengthways through the root. Zest and halve the **lime**.



Cook the 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**, the **stock powder** and **half** the **coriander**. 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. 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.



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.



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.



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!



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!

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.