



Teriyaki Seabass

with Rainbow Vegetable and Noodle Stir Fry

EXTRA RAPID 10 Minutes

Nº 12



Lime



Shiitake Mushrooms



Soy Sauce



Honey



Ketjap Manis



Sea Bass Fillets



Noodles



Rainbow Vegetable Mix

Before you start

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

Basic cooking tools, you will need:

Large Saucepan, Fine Grater, Foil, Baking Tray and Large Frying Pan.

Ingredients

| | 2P | 3P | 4P |
|----------------------------------|----------|------------|-----------|
| Lime** | ½ | 1 | 1 |
| Shiitake Mushrooms** | 1 punnet | 2 punnets | 2 punnets |
| Soy Sauce 11 13 | 1 sachet | 1 sachet | 2 sachets |
| Honey | 1 sachet | 1½ sachets | 2 sachets |
| Ketjap Manis 11 13 | 1 sachet | 2 sachets | 2 sachets |
| Sea Bass Fillets 4 ** | 2 | 3 | 4 |
| Noodles 8 13 | 2 nests | 3 nests | 4 nests |
| Rainbow Vegetable Mix** | 1 pack | 1½ packs | 2packs |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 324g | 100g |
| Energy (kJ/kcal) | 1987 /475 | 613/147 |
| Fat (g) | 10 | 3 |
| Sat. Fat (g) | 2 | 1 |
| Carbohydrate (g) | 68 | 21 |
| Sugars (g) | 19 | 6 |
| Protein (g) | 29 | 9 |
| Salt (g) | 3.56 | 1.10 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish **8)** Egg **11)** Soya **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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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The Fresh Farm

60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Get Started

- Bring a large saucepan of **water** to the boil with ¼ tsp **salt**.
- Preheat your grill to high.
- Zest and halve the **lime**.
- Halve the **shiitake mushrooms**.
- In a small bowl, mix together the **soy sauce**, **honey** and **ketjap manis**.
- Line a baking tray with foil and drizzle with **oil**.

2. Get Cooking

- Pop the **sea bass** (skin side down) on the foil and pour a tablespoon of the **sauce** over each **fillet**. Spread with the back of the spoon to coat the **fish**. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.
- When the **water** is boiling, add the **noodles** and cook for 4 mins.
- Pop the **fish** under the grill and cook until the **sauce** is caramelising and the **fish** is cooked, 4-5 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.
- Meanwhile, heat a drizzle of **oil** in a large frying pan over high heat. Once hot, add the **rainbow vegetable mix** and **shiitake mushrooms**. Stir fry until just tender, 2 mins.

3. Finish Up

- Add the remaining **soy mixture** with the **lime zest**, a squeeze of **lime juice** and a splash of **water**.
- Drain the **noodles**, then add to the pan of **vegetables** and mix together. Continue to cook until everything is piping hot.
- Add any remaining **sauce** to the **noodles**.
- Divide the **noodles** between plates and top with the **sea bass**.
- Serve with **lime wedges** alongside.

Enjoy!