



# Teriyaki Sea Bass

with Rainbow Vegetable and Noodle Stir-Fry

Extra Rapid 10 Minutes

N° 22



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!

## Cooking tools, you will need:

Saucepan, Fine Grater, Baking Tray and Frying Pan.

## Ingredients

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

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	324g	100g
Energy (kJ/kcal)	1983/474	612/146
Fat (g)	10	3
Sat. Fat (g)	2	1
Carbohydrate (g)	68	21
Sugars (g)	19	6
Protein (g)	29	9
Salt (g)	2.25	0.69

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 8) Egg 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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## Get Started

- Bring a large pan 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.

## Start 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.
- 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.

## 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!

**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.