



# THAI SPICED STARGAZER

WITH GINGER BLACK RICE, BOK CHOY AND COCONUT

SPECIALITY INGREDIENT



HELLO BLACK RICE

Black rice used to be reserved for Chinese royalty so was known as 'forbidden rice'.



Black Rice



Ginger



Bok Choy



Garlic Clove



Coriander



Lime



Desiccated Coconut



Stargazer Fillet



Thai Spice Blend



Soy Sauce



Sugar



Olive Oil

40 mins

1 of your 5 a day

Very Hot

We love the firm, meaty texture of stargazer. It's very similar to monkfish so can hold its own against some strong spicing and is perfect in this Thai-influenced dish. The fragrant fish is served with black rice, bok choy and a zingy coriander dressing. All finished with coconut, this exotic feast is as dramatic to look at as it is to eat!

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Sieve, Large Saucepan, Fine Grater, Frying Pan, Mixing Bowl** and a **Baking Tray**. Now, let's get cooking!



## 1 COOK THE RICE

Preheat the oven to 200°C and bring a saucepan of water to the boil. Put the **black rice** in a sieve and rinse it under cold running water. Chop the **ginger** in half. Pop one half in your saucepan of boiling water then add a good pinch of **salt** and the **black rice**. Bring back to the boil then lower the heat slightly and simmer, uncovered until tender enough to eat, 25-30 mins. ★ **TIP:** Remember to remove the ginger before serving!



## 4 MAKE THE DRESSING

Pop a pinch of the remaining **lime zest** into a small bowl and add the **grated ginger, coriander, soy sauce** and **sugar** (amount specified in the ingredient list) and the **juice** of the **lime**. Add the **olive oil** (amount specified in the ingredient list), mix well, then taste and add more **sugar** if necessary.



## 2 PREP THE VEGGIES

Chop the root from your **bok choy** and separate the individual leaves. Peel and grate the **garlic** (or use a garlic press). Peel the remaining **ginger** (using the edge of a teaspoon) and finely grate. Roughly chop the **coriander** (stalks and all). Zest and then halve the **lime**. Pop a frying pan on medium heat (no **oil**) and toast the **desiccated coconut** until golden, 3-4 mins. Transfer the **coconut** to a small bowl.



## 5 COOK THE FISH

Heat a splash of **oil** in your frying pan over medium-high heat. Carefully cook the **fish** on all sides until browned, 4-5 mins total. Transfer to a baking tray and roast on the top shelf of your oven for 5-6 mins. ★ **TIP:** the fish is cooked when the centre is opaque. Wash the pan and pop it back on medium-high heat with a splash of **oil**. Stir-fry the **bok choy** for 5 mins then add the **garlic** and a splash of water. Cook for 1 minute more.



## 3 MARINATE THE FISH

Pop the **stargazer fillets** into a mixing bowl and sprinkle on the **Thai spice blend**. It's very spicy, so add less if you're not a fan of heat! Add half the **lime zest** and a pinch of **salt**. Rub the flavourings into the fish. Keep to one side.



## 6 SERVE

Once cooked, drain the **rice** in a sieve (discard the **ginger**), then season with **salt** and **black pepper**. Share between your plates. Lay the **bok choy** alongside. Sit the **stargazer** on top and drizzle over the dressing. Finish by sprinkling over the **desiccated coconut**.

# ENJOY!

# 2 PEOPLE INGREDIENTS

Black Rice	150g
Ginger, grated	1 knob
Bok Choy	1 pack
Garlic Clove, grated	1
Coriander, chopped	1 bunch
Lime	1
Desiccated Coconut	25g
Stargazer Fillet 4)	2
Thai Spice Blend 11)	½ tsp
Soy Sauce 1) 6)	1½ tbsps
Sugar*	½ tsp
Olive Oil*	1 tbsps

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	520	163
(kJ)	2182	684
Fat (g)	20	6
Sat. Fat (g)	9	3
Carbohydrate (g)	58	18
Sugars (g)	9	3
Protein (g)	26	8
Salt (g)	2.62	0.82

## ALLERGENS

1)Gluten 4)Fish 6)Soya 11)Sesame

**Soy Sauce Ingredients:** Water, Soybeans, Salt, Sugar, Wheat Flour (Gluten), Preservative E211, Food Colouring E150d

## PAIR THIS MEAL WITH

A fruity white like a New Zealand Sauvignon Blanc.



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