



TILAPIA WITH SCALLION GOCHUJANG PESTO

over Ginger Rice with Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



1 Thumb | 2 Thumbs
Ginger



4 | 8
Scallions



1 | 2
Lime



½ Cup | 1 Cup
Jasmine Rice



1 TBSP | 2 TBSP
Sesame Oil
Contains: Sesame



1 TBSP | 1 TBSP
Sesame Seeds
Contains: Sesame



0.5 oz | 0.5 oz
Gochujang Sauce
Contains: Soy, Wheat



11 oz | 22 oz
Tilapia
Contains: Fish



6 oz | 12 oz
Green Beans



2 TBSP | 2 TBSP
Soy Sauce
Contains: Soy, Wheat



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



12 oz | 24 oz
Cauliflower Rice

Calories: 540



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 660



HELLO

SCALLION GOCHUJANG PESTO

Tangy, sweet, savory, and spicy all at once

PESTO CHANGO

Making pesto is more art, less science. Does it need more acid? Add more lime juice. Stronger flavor? Add more ginger. Keep on tasting and adjusting until you get it just how you like it.

BUST OUT

- Small pot
- Paper towels
- 2 Medium bowls
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (1 TBSP | 2 TBSP)
- Sugar (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- Wash and dry produce (except green beans).
- Peel and mince or grate ginger. Trim and finely chop scallions. Halve lime; cut one half into wedges (for 4 servings, halve one lime and quarter remaining).



2 COOK RICE

- Heat a drizzle of oil in a small pot over medium-high heat. Add 1 TBSP ginger (2 TBSP for 4 servings). Cook, stirring, until fragrant, 30 seconds.
- Add rice, ¾ cup water (1½ cups for 4) and a pinch of salt. Bring to a boil, then reduce to a low simmer. Cook, covered, until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.

⏪ After cooking ginger, add cauliflower rice (no need to drain), a big pinch of salt, and pepper. Cook, stirring occasionally, until tender, 6-8 minutes. (Save jasmine rice for another use.)



3 MAKESCALLION PESTO

- While rice cooks, in a medium bowl, combine scallions, sesame oil, half the sesame seeds, juice from half the lime, 1 TBSP olive oil, 1 tsp ginger, 1 tsp sugar, and gochujang to taste. (For 4 servings, use all the sesame seeds, 2 TBSP olive oil, 2 tsp ginger, and 2 tsp sugar.) Season with salt and pepper; add more ginger or lime juice to taste.



4 COOK FISH

- Pat tilapia* dry with paper towels; season generously all over with salt and pepper.
- Heat a large drizzle of oil in a large, preferably nonstick, pan over medium-high heat. Add tilapia and cook until browned and cooked through, 4-6 minutes per side.



5 COOK GREEN BEANS

- While tilapia cooks, pierce green bean bag with a fork; place bag on a plate. Microwave until tender, 1-2 minutes. TIP: No microwave? No problem! Steam green beans in a small pot with a splash of water until just tender, 5-7 minutes.
- Transfer green beans to a second medium bowl; add 1 TBSP butter (2 TBSP for 4 servings). Stir until melted. Season with salt and pepper.



6 FINISH & SERVE

- Fluff rice with a fork and season with salt and pepper.
- Divide rice and green beans between plates. Arrange tilapia over rice; drizzle with scallion gochujang pesto and soy sauce to taste. Serve with lime wedges on the side.

*Tilapia is fully cooked when internal temperature reaches 145°.