



INGREDIENTS

2 PERSON | 4 PERSON



1 Thumb | 2 Thumbs
Ginger



4 | 8
Scallions



1 | 2
Lemon



½ Cup | 1 Cup
Jasmine Rice



1 TBSP | 2 TBSP
Sesame Oil



1 TBSP | 1 TBSP
Sesame Seeds



1 tsp | 2 tsp
Sriracha



11 oz | 22 oz
Tilapia
Contains: Fish



6 oz | 12 oz
Green Beans



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



HelloCustom

2 PERSON | 4 PERSON

If you chose a different protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



12 oz | 24 oz
Cauliflower Rice

Calories: 530

TILAPIA WITH SCALLION SRIRACHA PESTO

over Ginger Rice with Green Beans



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 630



HELLO

SCALLION SRIRACHA PESTO

This dynamic condiment hits all the right notes of tangy, sweet, savory, and spicy.

PESTO CHANGO

Making pesto is more art, less science. Give the mixture a taste in step 3. Does it need more acid? Squeeze in more lemon. A stronger flavor? Add more ginger. More sweetness? Stir in another pinch of sugar.

BUST OUT

- Small pot
- 2 Medium bowls
- Paper towels
- 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
- Medium bowl ⚡
- Plastic wrap ⚡
- Butter (1 TBSP | 2 TBSP) ⚡
Contains: Milk

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



1 PREP

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

⚡ Skip washing and drying cauliflower rice.



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 ¾ cup water (1½ cups for 4) and a pinch of salt. Bring to a boil, then stir in rice. Cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.

⚡ Place cauliflower rice and 1 TBSP ginger in a medium microwave-safe bowl (use a large bowl for 4). Cover bowl with plastic wrap and poke a few holes in wrap. Microwave until tender, 5 minutes. Carefully uncover; set aside. (Save jasmine rice for another use.)



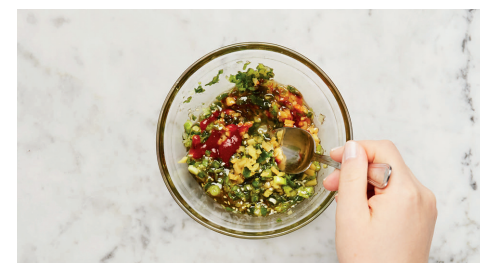
4 COOK FISH

- 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. Turn off heat.



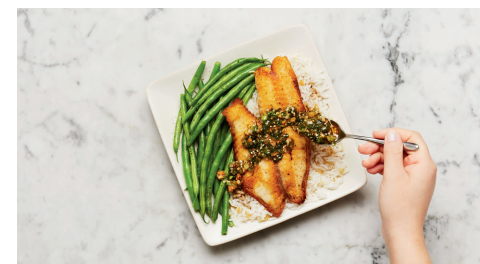
5 COOK GREEN BEANS

- 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). Toss until melted. Season with salt and pepper.



3 MAKE SCALLION PESTO

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



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 Sriracha pesto and soy sauce to taste. Serve with lemon wedges on the side.

⚡ Fluff cauliflower rice with a fork and stir in 1 TBSP butter (2 TBSP for 4). TIP: If necessary, reheat in microwave for 1-2 minutes.

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