



TILAPIA WITH SCALLION SRIRACHA PESTO

over Ginger Rice with Green Beans



HELLO
REGAL SPRINGS® TILAPIA
Sustainable and all-natural fish
that's as easy to prepare as it is
nutritious and delicious

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 700**



Ginger



Lime



Sesame Oil



Sriracha



Green Beans



Scallions



Jasmine Rice



Sesame Seeds



Regal Springs®
Tilapia
(Contains: Fish)



Soy Sauce
(Contains: Soy)

START STRONG

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

BUST OUT

- Peeler
- Paper towels
- Small pot
- Large pan
- 2 Medium bowls
- Sugar (1 tsp | 2 tsp)
- Olive oil (1 TBSP | 2 TBSP)
- Vegetable oil (1 TBSP | 2 TBSP)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Ginger **1 Thumb** | **2 Thumbs**
- Scallions **4** | **8**
- Lime **1** | **2**
- Jasmine Rice **½ Cup** | **1 Cup**
- Sesame Oil **1 TBSP** | **2 TBSP**
- Sesame Seeds **1 TBSP** | **2 TBSP**
- Sriracha **1 tsp** | **2 tsp**
- Regal Springs® Tilapia* **11 oz** | **22 oz**
- Green Beans **6 oz** | **12 oz**
- Soy Sauce **2 TBSP** | **2 TBSP**

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

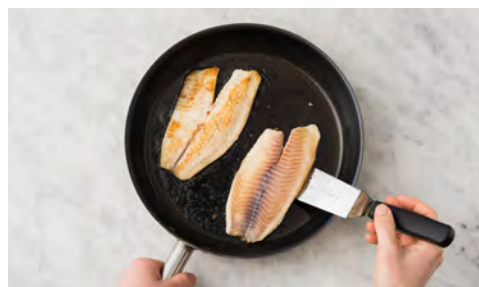


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1 PREP

Wash and dry all produce. Peel ginger, then mince or grate until you have 2 TBSP. Trim and finely chop scallions. Halve lime; cut one half into wedges.



4 COOK TILAPIA

Pat tilapia dry with paper towels; season generously all over with salt and pepper. Heat 1 TBSP oil in a large pan over medium-high heat (use a nonstick pan if you have one). Add tilapia and cook until browned and cooked through, 4-6 minutes per side.



2 COOK RICE

Melt 1 TBSP butter in a small pot over medium-high heat. Add 1 TBSP minced ginger. Cook, stirring, until fragrant, 1-2 minutes. Add ¾ cup water and a pinch of salt. Bring to a boil, then stir in rice. Cover and reduce heat to a gentle simmer. Cook until tender, about 15 minutes.



5 COOK GREEN BEANS

Microwave green beans in their bag until just tender, 2-4 minutes. Transfer to a second medium bowl, then add 1 TBSP butter and stir until melted. Season with salt and pepper.



3 MAKE SCALLION PESTO

Meanwhile, in a medium bowl, combine scallions, sesame oil, sesame seeds, 1 TBSP olive oil, 1 tsp ginger, 1 tsp sugar, juice from lime half, and sriracha (to taste). Season with salt and pepper. Taste and add more ginger or lime juice if desired.



6 FINISH AND SERVE

Fluff rice with a fork; season with salt and pepper. Divide rice and green beans between plates. Arrange tilapia on top of rice, then drizzle all over with scallion pesto and soy sauce (to taste). Serve with any remaining lime wedges on the side for squeezing over.

TOP-NOTCH!

Impressed by scallion pesto? Serve it again with steak.

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