



# GINGER TURMERIC TILAPIA

with Buttery Coconut Rice & Green Beans



## HELLO COCONUT RICE

Flakes of toasted coconut and lime zest add a tropical aroma and flavor to buttery rice.

**PREP: 10 MIN** | **TOTAL: 35 MIN** | **CALORIES: 720**



Ginger



Cilantro



Garlic



Brown Sugar



Green Beans



Turmeric



Lime



Shallot



Jasmine Rice



Shredded Coconut  
(Contains: Tree Nuts)



Tilapia  
(Contains: Fish)



Veggie Stock  
Concentrate

## START STRONG

To peel ginger, break out your spoon! Using the spoon's tip, apply pressure in a downward motion, carving away the skin. Unlike a vegetable peeler, a spoon allows you to get into ginger's knobby nooks.

## BUST OUT

- Zester
- Paper towels
- Small pot
- Kosher salt
- Large pan
- Black pepper
- Medium bowl
- Vegetable oil (1 TBSP | 1 TBSP)
- Butter (4 TBSP | 5 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- Ginger 1 Thumb | 2 Thumbs
- Lime 1 | 2
- Cilantro ¼ oz | ½ oz
- Shallot 1 | 1
- Garlic 2 Cloves | 2 Cloves
- Jasmine Rice ½ Cup | 1 Cup
- Brown Sugar 1 TBSP | 2 TBSP
- Shredded Coconut ¼ Cup | ½ Cup
- Green Beans 6 oz | 12 oz
- Tilapia\* 11 oz | 22 oz
- Turmeric 1 tsp | 2 tsp
- Veggie Stock Concentrate 1 | 2

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



## 1 PREP

Wash and dry all produce (except green beans). Peel and grate or mince **ginger**. Zest and quarter **lime** (zest 1 lime; quarter both for 4 servings). Chop **cilantro** leaves and stems. Halve and peel **shallot**; mince one half (mince both halves for 4). Mince half the **garlic** (mince all the garlic for 4).



## 4 COOK GREEN BEANS

Pierce **green bean** bag with a fork; place bag on a plate. Microwave until tender, 1-2 minutes. (**TIP:** No microwave? No problem! Steam beans in a small pot with a splash of water until just tender, 5-7 minutes.) Transfer to a medium bowl and toss with **1 TBSP butter** until melted. Season with **salt** and **pepper**. Keep covered until ready to serve.



## 2 COOK RICE

In a small pot, combine **rice**, **¾ cup water** (1½ cups for 4 servings), **brown sugar**, and **½ tsp salt** (1 tsp for 4). Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



## 5 COOK FISH & MAKE SAUCE

Pat **tilapia** dry with paper towels; season generously with **salt** and **pepper**. Rub all over with **turmeric**. Heat a large drizzle of **oil** in pan used for coconut over medium-high heat. Add tilapia; cook until firm and cooked through, 4-6 minutes per side. Turn off heat; transfer to a plate. Wipe out pan. Heat a drizzle of **oil** in same pan over medium heat. Add **ginger**, **shallot**, and **garlic**; cook, stirring, until fragrant, 1 minute. Stir in **¼ cup water** (⅓ cup for 4), **stock concentrate**, and juice from half the **lime**. Simmer until slightly reduced, 2-3 minutes. Turn off heat.



## 3 TOAST COCONUT

Meanwhile, heat a large, preferably nonstick, pan over medium-high heat. Add **coconut** and cook, stirring constantly, until golden brown, 2-3 minutes. Transfer to a plate. Turn off heat and wipe out pan.



## 6 FINISH & SERVE

Add **2 TBSP butter** (3 TBSP for 4 servings) to pan with **sauce**. Stir in half the **cilantro** and season with **salt** and **pepper**. Fluff **rice**; stir in **1 TBSP butter**, **coconut**, and **lime zest**. Divide rice, **green beans**, and **tilapia** between plates. Spoon sauce over tilapia. Sprinkle with remaining cilantro. Serve with remaining **lime wedges** on the side.

## GO COCONUTS

Love the sweet, fragrant rice? Try making it again to pair with teriyaki-glazed pork or chicken.

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