



HOISIN TILAPIA & TEMPURA GREEN BEAN FRIES

with Scallion Rice & Wasabi Sauce



HELLO WASABI SAUCE

This creamy condiment adds a cooling kick to glazed tilapia and crispy green beans.

PREP: 10 MIN | **TOTAL: 40 MIN** | **CALORIES: 900**



Scallions



Hoisin Sauce
(Contains: Soy, Wheat)



Mayonnaise
(Contains: Eggs)



Jasmine Rice



Tempura Mix
(Contains: Eggs, Milk, Wheat)



Sesame Seeds



Lime



Sour Cream
(Contains: Milk)



Wasabi Paste



Tilapia
(Contains: Fish)



Green Beans

START STRONG

In step 4, you'll be shallow-frying your battered green beans. To test and make sure the oil is hot enough before you start (and between batches), add a drop of batter on its own. An immediate sizzle is your green light to keep cooking. If not, wait about 15 seconds, then try again.

BUST OUT

- Small bowl
- Small pot
- Paper towels
- Baking sheet
- Large bowl
- Large pan
- Vegetable oil (1 TBSP + more for frying)
- Kosher salt
- Black pepper

INGREDIENTS

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

- | | |
|----------------|-----------------|
| • Scallions | 2 4 |
| • Lime | 1 1 |
| • Sour Cream | 2 TBSP 4 TBSP |
| • Mayonnaise | 2 TBSP 4 TBSP |
| • Wasabi Paste | 1 tsp 2 tsp |
| • Jasmine Rice | ½ Cup 1 Cup |
| • Tilapia* | 11 oz 22 oz |
| • Tempura Mix | 82 g 164 g |
| • Green Beans | 6 oz 12 oz |
| • Hoisin Sauce | 4 TBSP 8 TBSP |
| • Sesame Seeds | 1 TBSP 1 TBSP |

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



1 PREP & MAKE SAUCE

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Trim and thinly slice **scallions**, separating whites from greens. Quarter **lime**. In a small bowl, combine **sour cream**, **mayonnaise**, and **wasabi** to taste. Add **water** 1 tsp at a time until sauce reaches a drizzling consistency. Set aside.



4 FRY GREEN BEANS

Heat a ½-inch layer of **oil** in a large, heavy-bottomed pan over medium-high heat. Once oil is hot enough that a drop of batter sizzles when added to the pan, working in batches, add coated **green beans** in a single layer. Cook, turning occasionally, until golden brown, 5-7 minutes. Transfer to a paper-towel-lined plate and season with **salt**.

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2 COOK RICE

Heat a drizzle of **oil** in a small pot over medium-high heat. Add **scallion whites** and cook until softened, 1 minute. Stir in **rice**, **¾ cup water** (1½ cups for 4 servings), and a big pinch of **salt**. 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 GLAZE FISH

Once green beans are done, heat broiler to high. Brush tops of **tilapia** with **hoisin**. Return sheet to oven and broil until glaze is tacky and fish is cooked through, 2-3 minutes.



3 ROAST FISH & COAT BEANS

Pat **tilapia** dry with paper towels. Rub each fillet with a drizzle of **oil**; season with **salt** and **pepper**. Place on a baking sheet; roast for 8 minutes (it'll finish cooking in step 5). Remove from oven. Meanwhile, in a large bowl, combine **tempura mix**, **½ cup cold water** (¾ cup for 4), and **1 tsp salt** (2 tsp for 4) until smooth. (**TIP:** If mixture is too thick, add water 1 TBSP at a time until it reaches a pancake-batter-like consistency.) Stir **green beans** into batter until coated.



6 FINISH & SERVE

Fluff **rice** with a fork; season with **salt** and **pepper**. Divide rice, **tilapia**, and **green beans** between plates. Top fish and green beans with **sesame seeds** and **scallion greens**. Serve with **wasabi sauce** and **lime wedges** on the side.

BOSS OF THE SAUCE

This wasabi sauce would also taste great on fish tacos or fries.

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