



PAN-FRIED GILT BREAM

with Zesty Toasted Coconut Jasmine Rice, Roasted Tenderstem® and Miso Dressing

SPECIALITY INGREDIENT



HELLO CASHEW NUTS

Cashew are seeds. Because they grow out of apples they are technically a seed not a nut.



Spring Onion



Coriander



Red Onion



Lime



Tenderstem® Broccoli



Sesame Oil



Miso



Ketjap Manis



Honey



Jasmine Rice



Desiccated Coconut



Cashew Nut Pieces



Gilt Bream Fillet

MEAL BAG

30 mins

2 of your 5 a day

Miso is one of those ‘trendy’ ingredients that is both nutritious and delicious. It’s made from fermented soy beans and has been a staple in Asian cuisine for centuries. No wonder, as it’s absolutely delicious! Miso can be used in many ways and in this particular recipe we’ve combined it with some honey and ketjap manis to make a delicious dressing perfect for drizzling over gilt bream... yum yum yum!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Fine Grater, Baking Tray, Sieve, Frying Pan** and some **Kitchen Paper**. Now, let's get cooking!



1 GET PREPPED

Preheat your oven to 200°C and bring a saucepan of water to the boil with a large pinch of salt. Trim the **spring onion** then slice thinly. Finely chop the **coriander** (stalks and all). Halve and peel the **red onion** and slice each half into four wedges. Zest then halve the **lime**. Pop the **tenderstem®** and **onion** on a baking tray and drizzle over **half the sesame oil** and a pinch of **salt** and **pepper**. Leave to the side.



4 TOAST!

Meanwhile, put a frying pan on medium-high heat and add the **desiccated coconut**. Toast until golden, 3-4 mins, tossing the pan every minute. **★ TIP:** Careful you don't want to burn it - watch it like a hawk! Once the **coconut** is golden, remove to a small bowl. Wipe out the pan with kitchen paper and pop back on medium-high heat. Add the **cashews** and toast until golden, 2-3 mins. Remove to another small bowl (keep your pan!).



2 MAKE THE DRESSING

Put the **miso, olive oil** (see ingredients for amount), remaining **sesame oil, ketjap manis** and **honey** in a bowl. Squeeze in the **lime juice** and stir together well. Mix in **half the spring onion** and **half the coriander**. Set to one side.



5 FRY THE FISH

Wipe out the pan again and pop back on medium-high heat with a drizzle of **oil**. Season the **fish** with a pinch of **salt** and **pepper**. Once hot, carefully place your **fish** in the pan, skin-side down and cook for 3 mins before turning over and cooking for 2 mins on the other side. **★ TIP:** In order to get crispy skin on the fish, don't move it around when it's cooking skin-side down! Once cooked, remove the pan from the heat. **! IMPORTANT:** The fish is cooked when the centre is opaque.



3 COOK THE RICE

Pop the **broccoli** and **onion** into the oven to roast until crispy and tender, 10-15 mins. Meanwhile, add the **jasmine rice** to the pan of boiling **water** and simmer (uncovered) until tender, 10 mins. Once cooked, drain in a sieve, pop back into the pan and leave to the side until everything else is ready.



6 FINISH AND SERVE

Fluff up the **jasmine rice** with a fork and then stir through the **lime zest**, remaining **spring onion** and **three-quarters** of the **desiccated coconut**. Spoon into bowls and serve the **fish** on one side and the **roasted tenderstem®** and **onion** on the other side. Spoon over the **dressing** and finish with a sprinkling of remaining **coconut** and **coriander** and the **cashews**. Serve with any remaining **lime** cut into wedges. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Spring Onion *	2	3	4
Coriander *	1 bunch	1 bunch	1 bunch
Red Onion *	1	1½	2
Lime *	1	1	2
Tenderstem® Broccoli *	1 small pack	1 large pack	2 small packs
Sesame Oil 3)	1 sachet	2 sachets	2 sachets
Miso Paste 11)	1 small	1 large	2 small
Olive Oil*	1tbsp	1½ tbsp	2 tbsp
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Jasmine Rice	150g	225g	300g
Desiccated Coconut	1 sachet	1 sachet	2 sachets
Cashew Nut Pieces 2)	1 small bag	1 large bag	1 large bag
Gilt Bream Fillet 4) *	2	3	4

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 443G	PER 100G
Energy (kJ/kcal)	3577 / 855	808 / 193
Fat (g)	41	9
Sat. Fat (g)	12	3
Carbohydrate (g)	88	20
Sugars (g)	23	5
Protein (g)	32	7
Salt (g)	1.26	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 3) Sesame 4) Fish 11) Soya 13) Gluten

PAIR THIS MEAL WITH

A white wine like a Sauvignon Blanc

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

ENJOYING OUR PREMIUM RECIPES? Or if you just have feedback in general, please get in touch via: hello@hellofresh.co.uk

You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

YOU CAN RECYCLE ME!

Packed in the UK

