



Pan-Fried Sea Bass in Szechuan-Style Sauce

with Crispy Shallot Rice

Discovery

Spicy

30 Minutes



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Sea Bass



Cornstarch



Crispy Shallots



Basmati Rice



Garlic Puree



White Cooking Wine



Szechuan Sauce



Sweet Bell Pepper



Snow Peas

HELLO SZECHUAN SAUCE

A bold and spicy chili sauce inspired by the flavours of the Szechuan province!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Sea Bass	280 g	560 g
Cornstarch	1 tbsp	2 tbsp
Crispy Shallots	28 g	56 g
Basmati Rice	¾ cup	1 ½ cups
Garlic Puree	1 tbsp	2 tbsp
White Cooking Wine	4 tbsp	8 tbsp
Szechuan Sauce 🌶️	30 ml	60 ml
Sweet Bell Pepper	160 g	320 g
Snow Peas	56 g	113 g
Sugar*	½ tbsp	1 tbsp
Unsalted Butter*	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Make shallot rice

- Heat a medium pot over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **butter**, then **half the crispy shallots**. Toast, stirring occasionally, until fragrant, 1-2 min.
- Add **rice**, **1 ¼ cups** (2 ½ cups) **water** and ¼ **tsp** (½ **tsp**) **salt**. Bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

4



Prep and cook veggies

- While **sea bass** cooks, core, then cut **pepper** into ¼-inch slices.
- Trim **snow peas**.
- When **sea bass** is done, carefully wipe the pan clean, then return the pan to medium-high.
- Add ½ **tbsp** (1 **tbsp**) **oil**, **snow peas** and **peppers**. Cook, stirring occasionally, until **veggies** soften slightly, 2-3 min.

2



Make stir-fry sauce and prep sea bass

- Meanwhile, combine **Szechuan sauce**, **half the garlic puree**, ½ **tsp** (1 **tsp**) **cornstarch**, ½ **tbsp** (1 **tbsp**) **sugar** and ½ **cup** (¾ **cup**) **water** in a small bowl.
- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **sea bass** dry with paper towels. Season with **salt** and **pepper**.
- Spread **remaining garlic puree** over flesh side, avoiding skin.
- Sprinkle **remaining cornstarch** over both sides, then pat to coat.

5



Make sauce

- Add **cooking wine** to the pan with **veggies**. Cook, stirring often, until **wine** is almost gone, 30 sec-1 min.
- Add **stir-fry sauce**. Cook, stirring often, until **sauce** thickens slightly and **veggies** are tender-crisp, 2-3 min. Season with **pepper**, to taste.

3



Fry sea bass

- When the pan is hot, add **1 tbsp oil**, then **sea bass**, skin-side down. (**NOTE**: For 4 ppl, cook sea bass in two batches, using 1 **tbsp** oil per batch.) Fry until **skin** is crispy, 4-5 min.
- Flip and fry until **sea bass** is opaque and cooked through, 2-3 min.**
- Transfer **sea bass** to a plate.

6



Finish and serve

- Fluff **rice** with a fork.
- Divide **rice** between plates. Top **rice** with **half the veggies and sauce**, **sea bass skin-side up**, then **remaining veggies and sauce**.
- Sprinkle **remaining crispy shallots** over top.

Dinner Solved!



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