



TILAPIA WITH SCALLION SRIRACHA PESTO

over Ginger Jasmine Rice with Green Beans



HELLO



REGAL SPRINGS® TILAPIA
Sustainably raised all-natural fish that's easy to prepare, nutritious, and delicious

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 690



Ginger



Lime



Sesame Oil



Sriracha



Green Beans



Scallions



Jasmine Rice



Sesame Seeds



Regal Springs®
Lake-Grown 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
- Small pot
- 2 Medium bowls
- Sugar (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP) (Contains: Milk)
- Olive oil (1 tsp | 2 tsp)
- Vegetable oil (1 TBSP | 2 TBSP)
- Large pan
- Paper towel
- Plastic wrap
- Strainer

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
- Tilapia 11 oz | 22 oz
- Green Beans 6 oz | 12 oz
- Soy Sauce 1 TBSP | 2 TBSP

WINE CLUB

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1 PREP

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



4 COOK TILAPIA

Heat **1 TBSP vegetable oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Pat **tilapia** dry with a paper towel. Season generously all over with **salt and pepper**. Add to pan and cook until flesh is firm and opaque and surface is browned, 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, tossing, until crisp and fragrant, 1-2 minutes. Add **¾ cup water** and a pinch of **salt**. Bring to a boil, then add **rice**, stirring once. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, about 15 minutes.



5 COOK GREEN BEANS

Place **green beans** in a medium microwave-safe bowl with a splash of **water**. Cover with plastic wrap. Microwave on high until beans are just tender, 3-5 minutes. (**TIP:** Alternatively, boil beans in a medium pot of salted water until tender, 3-4 minutes.) Drain water from bowl, then add **1 TBSP butter** and toss to melt. Season with **salt and pepper**.



3 MAKE SCALLION PESTO

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



6 FINISH AND SERVE

Stir **1 TBSP soy sauce** into pot with **rice**, then fluff grains 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**. Serve with any remaining **lime wedges** for squeezing over.

TOP-NOTCH!

Impressed by scallion pesto? Serve it again with steak.

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