



Southeast Asian–Spiced White Fish & Garlic Rice

with Honey–Soy Greens & Crispy Shallots

EXPLORER

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Asian Greens



Lime



Broccoli



Hoki Fillets



Southeast Asian Spice Blend



Honey-Soy Sauce



Crispy Shallots



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me First

We've finally spotted the ultimate fish dish on the horizon. These hoki fish fillets will melt in your mouth and calm stormy seas when seasoned in Southeast Asian spices. It's all steam ahead when you get a taste of the garlic veggies with a hint of honey soy. Drop the anchor, it's time to eat!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Soy Sauce

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
Asian greens	1 packet	2 packets
lime	½	1
broccoli	1 head	2 heads
hoki fillets	1 packet	2 packets
Southeast Asian spice blend	1 medium sachet	1 large sachet
honey-soy sauce	½ medium packet	1 medium packet
soy sauce*	2 tsp	4 tsp
crispy shallots	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3161kJ (755Cal)	530kJ (127Cal)
Protein (g)	41g	6.9g
Fat, total (g)	19g	3.2g
- saturated (g)	8.1g	1.4g
Carbohydrate (g)	95.8g	16.1g
- sugars (g)	26.4g	4.4g
Sodium (mg)	1737mg	291mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3446kJ (824Cal)	543kJ (130Cal)
Protein (g)	54.9g	8.7g
Fat, total (g)	20.5g	3.2g
- saturated (g)	8.6g	1.4g
Carbohydrate (g)	96.8g	15.3g
- sugars (g)	26.5g	4.2g
Sodium (mg)	1784mg	281mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW16



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** to pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

4



Add the sauce

- Reduce heat to medium, then add **honey-soy sauce** (see ingredients), the **soy sauce** and a squeeze of **lime juice**. Cook, tossing to coat, until heated through, **30 seconds**.
- Transfer to a bowl and cover to keep warm.

2



Get prepped

- Meanwhile, roughly chop **Asian greens**. Slice **lime** into wedges. Cut **broccoli** into small florets, then roughly chop stalk.
- Discard any **liquid** from **hoki fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- In a medium bowl, gently combine **fish fillets** and **Southeast Asian spice blend**.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Flavour chicken as above.

5



Cook the fish

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **fish** in batches until just cooked through, **5-6 minutes** each side. Transfer to a paper towel-lined plate.

TIP: White fish is cooked through when the centre turns from translucent to white.

TIP: Add extra oil between batches if needed so the fish doesn't stick to the pan.

Custom Recipe: Heat frying pan as above. Cook chicken in batches until cooked through (when no longer pink inside), 3-5 minutes each side (depending on thickness).

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **broccoli** until tender, **3-4 minutes**.
- Add **Asian greens** and the remaining **garlic** and cook until just wilted, **2-3 minutes**.

6



Serve up

- Divide garlic rice between bowls.
- Top with Southeast Asian-spiced white fish and honey-soy greens.
- Garnish with **crispy shallots**. Serve with any remaining lime wedges. Enjoy!

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