



Vietnamese Lemongrass Fish

with Garlic Rice, Stir-Fry Veggies & Mint

Grab your Meal Kit with this symbol 



Garlic



Basmati Rice



Asian Greens



Carrot



Mint



Long Green Chilli (Optional)



Lemongrass






Lime



Ginger



White Fish Fillets

-  Hands-on: **20-30 mins**
-  Ready in: **25-35 mins**
-  Spicy (optional long green chilli)

Vietnamese cuisine is known for its incredibly fresh and zingy flavours that never fail to satisfy. Get your hit of this Vietnamese-inspired fish dish, complete with aromatic infusions of ginger, lemongrass and mint.

Pantry items
Olive Oil, Butter, Soy Sauce, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
Asian greens	1 packet	1 packet
carrot	1	2
mint	1 bunch	1 bunch
long green chilli (optional)	1	2
lemongrass	1 stick	2 sticks
lime	½	1
ginger	1 knob	2 knobs
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	2 tbs	¼ cup
white fish fillets	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2410kJ (576Cal)	598kJ (143Cal)
Protein (g)	36.8g	9.1g
Fat, total (g)	13.0g	3.2g
- saturated (g)	6.7g	1.7g
Carbohydrate (g)	73.7g	18.3g
- sugars (g)	6.9g	1.7g
Sodium (g)	854mg	212mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add **2/3** of the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



4. Cook the fish

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Season the **white fish fillets** on both sides with a **pinch** of **salt** and **pepper**. Add the **fish** to the pan and cook until just cooked through, **2-3 minutes** each side. Transfer to a plate and cover to keep warm.

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



2. Get prepped

While the rice is cooking, roughly chop the **Asian greens**. Thinly slice the **carrot** (unpeeled) into matchsticks (or half-moons if you prefer). Pick and roughly chop the **mint** leaves. Thinly slice the **long green chilli** (if using). Finely chop **lemongrass**. Slice the **lime (see ingredients list)** into wedges. Finely grate the **ginger**. In a medium bowl, combine the **soy sauce**, **brown sugar**, **ginger**, **water (for the sauce)**, **remaining garlic** and a **generous squeeze** of **lime juice**.



5. Make the sauce

Return the frying pan to a medium heat with a **drizzle** of **olive oil**. Add the **lemongrass** and cook, stirring, until softened, **1 minute**. Add the **ginger-soy mixture** and cook until fragrant and heated through, **30 seconds**. Remove the pan from the heat.



3. Cook the veggies

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **carrot** and cook until just tender, **3-4 minutes**. Add the **Asian greens** and cook until wilted, **1-2 minutes**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



6. Serve up

Divide the garlic rice between bowls. Top with the stir-fry veggies and fish. Spoon over the lemongrass sauce and garnish with the mint and chilli (if using). Serve with any remaining lime wedges.

Enjoy!