



# Crispy Sea Bass and Lime Coriander Rice with Sweet Chilli Sugar Snaps and Baby Corn

Premium 30-35 Minutes • Mild Spice • 1 of your 5 a day

30



Baby Corn



Coriander



Lime



Basmati Rice



Vegetable Stock Paste



Sweet Chilli Sauce



Soy Sauce



Honey



Roasted White Sesame Seeds



Sea Bass Fillets



Sugar Snap Peas

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Fine grater, saucepan, lid, bowl, frying pan, kitchen paper and aluminium foil.

## Ingredients

Ingredients	2P	3P	4P
Baby Corn**	60g	120g	120g
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1	1	1
Basmati Rice	150g	225g	300g
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Sweet Chilli Sauce	32g	48g	64g
Soy Sauce <b>11) 13)</b>	25ml	37ml	50ml
Honey	30g	45g	60g
Roasted White Sesame Seeds <b>3)</b>	7g	14g	14g
Sea Bass Fillets** <b>4)</b>	2	3	4
Sugar Snap Peas**	80g	150g	150g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>492g</b>	<b>100g</b>
Energy (kJ/kcal)	2361 / 564	480 / 115
Fat (g)	12.2	2.5
Sat. Fat (g)	2.7	0.5
Carbohydrate (g)	87.2	17.7
Sugars (g)	22.7	4.6
Protein (g)	28.4	5.8
Salt (g)	3.96	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**3)** Sesame **4)** Fish **10)** Celery **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## Get Prepped

Halve the **baby corn** lengthways.

Roughly chop the **coriander** (stalks and all).

Zest and halve the **lime**.



## Fish to Fry

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Pat the **sea bass** dry with kitchen paper, then season with **salt** and **pepper**.

Once hot, carefully place your **sea bass** in the pan, skin-side down. **TIP: To get crispy skin on the fish, don't move it around when it's cooking skin-side down.**

Cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **IMPORTANT: Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.**

Once cooked, transfer to a plate and cover with foil to keep warm.

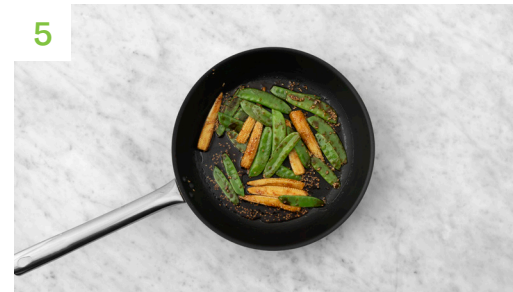


## Cook the Coriander Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice, veg stock paste** and **half the coriander**. Bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Bring on the Veg

Return the (now empty) frying pan to medium-high heat with a drizzle of **oil** (no need to clean).

Once hot, add the **sugar snaps** and **baby corn**. Stir-fry for 3-4 mins.

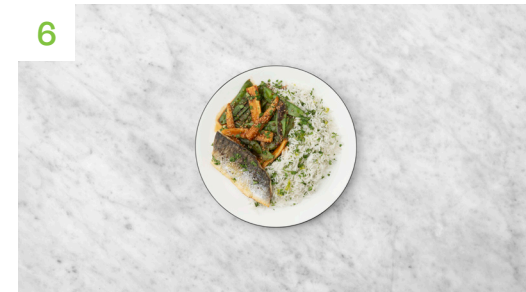
Pour the **sticky sauce** into the pan and simmer until slightly thickened, 2-3 mins. Toss to coat in the **sauce**.



## Make the Sticky Sauce

Meanwhile, in a small bowl, mix together the **sweet chilli sauce, soy sauce, honey, sesame seeds** and **water for the sauce** (see pantry for amount). **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**

Squeeze in **half the lime juice** and stir together. Set aside your **sticky sauce**.



## Finish and Serve

When everything's ready, fluff up the **rice** with a fork and stir through the **lime zest**. Share between your bowls and top with the **sea bass**.

Spoon over the **veg** and **sticky sauce** from the pan, then sprinkle with the remaining **coriander** to finish.

## Enjoy!