



# Crispy Sea Bream and Lime Coriander Rice

with Sticky Asian Sauce, Charred Bok Choy and Sugar Snaps

Premium 30 Minutes • Mild Spice

29



- |   |   |
|---|---|
|    |    |
| Coriander   | Bok Choy  |
|    |    |
| Lime  | Basmati Rice  |
|    |    |
| Vegetable Stock Paste   | Sweet Chilli Sauce  |
|    |    |
| Soy Sauce   | Honey   |
|   |   |
| Sesame Seeds  | Sea Bream Fillet  |
|  |  |
| Sesame Oil  | Sugar Snap Peas   |

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

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

## Ingredients

	2P	3P	4P
Coriander**	1 bunch	1 bunch	1 bunch
Bok Choy**	1	2	2
Lime**	1	1	1
Water for the Rice*	300ml	450ml	600ml
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	2 sachets	3 sachets	4 sachets
Sesame Seeds <b>3)</b>	7g	15g	15g
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp
Sea Bream Fillet** <b>4)</b>	2	3	4
Sesame Oil <b>3)</b>	1 sachet	1 sachet	1 sachet
Sugar Snap Peas**	150g	300g	300g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	435g	100g
Energy (kJ/kcal)	3137 /750	721 /172
Fat (g)	30	7
Sat. Fat (g)	5	1
Carbohydrate (g)	90	21
Sugars (g)	24	6
Protein (g)	32	7
Salt (g)	3.46	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

3) Sesame 4) Fish 10) Celery 11) Soya 13) 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, 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.

## Contact

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## Get Prepped

Roughly chop the **coriander** (stalks and all).  
Quarter the **bok choy** lengthways. Zest and halve the **lime**.



## Fry the Fish

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **bream** on each side with **salt** and **pepper**. When hot, lay the **fish** in your pan, skin-side down, and fry until golden brown, 3-4 mins. **TIP: To ensure crispy skin, don't move the fish during this time.** Once golden, gently turn it over and cook for a further 2-3 mins. **IMPORTANT: Wash your hands after handling raw fish. The fish is cooked when opaque in the middle.** Once cooked, transfer to a plate and cover with foil to keep warm.



## Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice, veg stock paste** and **half the coriander**. Cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins. Remove the pan from the heat and leave for another 10 mins. The **rice** will finish cooking in its own steam.



## Add the Veg and Sauce

Return the (now empty) frying pan to medium-high heat and add the **sesame oil**. When hot, add the **sugar snap peas** and stir-fry for 1-2 mins. Add the **bok choy**, cut-side down, and cook until starting to colour and soften slightly, 2-3 mins. Pour the **sauce mix** into the pan and simmer until slightly thickened, 2-3 more mins. Stir to coat the **veg** in the **sauce**.



## Make the Sauce

Meanwhile, mix the **sweet chilli sauce, soy sauce, honey, sesame seeds** and **water for the sauce** (see ingredients for amount) together in a bowl. **TIP: If your honey has hardened, pop it in a bowl of water for 1 min.** Squeeze in **half the lime juice** and stir together. Set aside.



## Finish and Serve

Fluff up the **rice** with a fork and stir through the **lime zest**. Share between your bowls and place the **fish** on top. Spoon over the **veggies** and pour over the **sauce** from the pan. Sprinkle over the remaining **coriander** to serve.

## Enjoy!