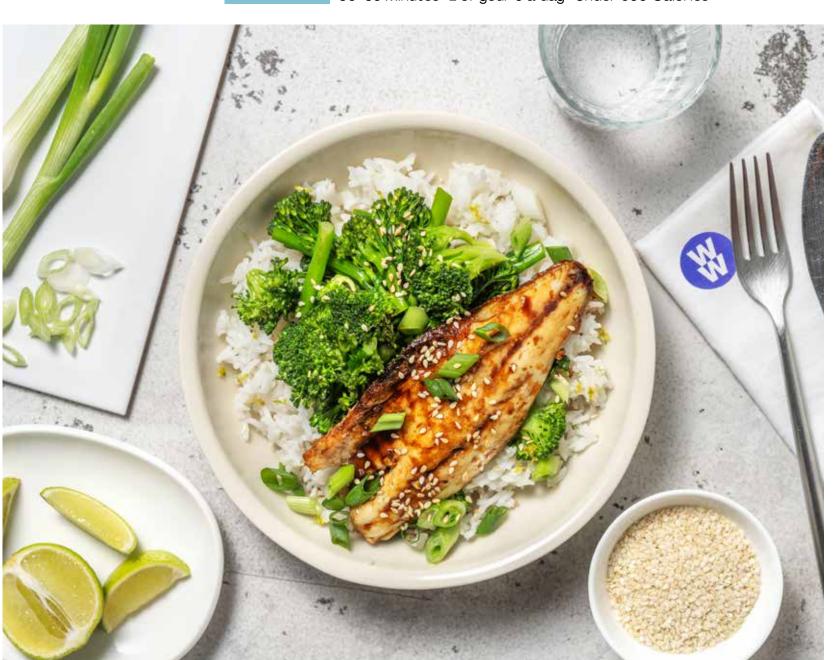# HELLO FRESH

Teriyaki Sea Bass
with Jasmine Rice, Crispy Broccoli and Roasted Sesame Seeds

Calorie Smart 30-35 Minutes • 1 of your 5 a day • Under 650 Calories

28

Spring Onion

Broccoli Florets

Lime

Garlic Clove

Jasmine Rice

Sea Bass Fillets

Teriyaki Sauce

Roasted White Sesame Seeds

Pantry Items
Oil, Salt, Pepper

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, garlic press, saucepan, lid, baking tray, baking paper, bowl and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Spring Onion**	1	2	2
Broccoli Florets**	200g	300g	400g
Lime**	½	1	1
Garlic Clove**	2	3	4
Jasmine Rice	150g	225g	300g
Sea Bass Fillets** 4)	2	3	4
Teriyaki Sauce 11)	75g	100g	150g
Roasted White Sesame Seeds 3)	7g	7g	14g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml

*Not Included **Store in the Fridge*

Nutrition

	Per serving	Per 100g
for uncooked ingredient	339g	100g
Energy (kJ/kcal)	2290 /547	676 /161
Fat (g)	12.3	3.6
Sat. Fat (g)	2.8	0.8
Carbohydrate (g)	79.1	23.4
Sugars (g)	14.6	4.3
Protein (g)	28.9	8.5
Salt (g)	2.24	0.66

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

3) Sesame 4) Fish 11) Soya

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.

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1

Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim and thinly slice the **spring onion**. Halve any large **broccoli florets**.

Zest and halve the **lime**.

Peel and grate the **garlic** (or use a garlic press).

2

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** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.
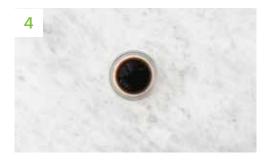
Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

3

Bake the Sea Bass

Lay the **sea bass** onto a lined baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then spread the **garlic** over each **fillet**.

When the oven is hot, bake the **fish** on the top shelf for 5 mins, then pour **half** the **teriyaki sauce** over the **fish**. Return to the oven to bake until cooked through, 7-10 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.*

4

Mix your Teriyaki Sauce

While the **fish** bakes, pour the remaining **teriyaki** into a small bowl and squeeze in the **lime juice**.

Mix together and set aside.

5

Stir-Fry the Broccoli

Pop the (now empty) frying pan on medium-high heat with a drizzle of **oil**.

Once hot, stir-fry the **broccoli** for 2-3 mins, then add a splash of **water** and immediately cover with a lid or some foil.

Allow to cook until the **broccoli** is tender, 4-5 mins. Season with **salt** and **pepper**.

6

Finish and Serve

When everything is ready, remove the **fish** from the oven and spoon over the **teriyaki sauce**.

Fluff up the **rice** with a fork, then stir through the **lime zest** and spoon into your bowls. Top with the **teriyaki sea bass** and all the **sauce** from the tray.

Serve the **broccoli** alongside and finish with a scattering of **spring onions** and **toasted sesame seeds**.

Enjoy!

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WW 14-16