



Crumbed Fish & Garlic Rice Bowl

with Asian Veggies & Japanese Mayo

NEW KID FRIENDLY CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Capsicum



Asian Greens



Crumbed Basa



Mayonnaise



Japanese Style Dressing



Mixed Sesame Seeds



Salmon

Prep in: 10-20 mins
Ready in: 30-40 mins

1 Eat Me First

Crumbed basa is the perfect protein for a garlic rice bowl. Packed with healthy fats, this fish works delightfully well with stir-fried Asian veggies and fluffy sesame rice.

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
butter*	20g	40g
garlic paste	1 medium packet	2 medium packets
water*	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
capsicum	1	2
Asian greens	1 medium packet	2 medium packets
soy sauce*	1½ tsp	3 tsp
crumbed basa	1 medium packet	2 medium packets OR 1 large packet
mayonnaise	1 medium packet	1 large packet
Japanese style dressing	1 medium packet	2 medium packets
mixed sesame seeds	1 medium sachet	1 large sachet
salmon**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3678kJ (879Cal)	776kJ (185Cal)
Protein (g)	27.4g	5.8g
Fat, total (g)	40.6g	8.6g
- saturated (g)	13.4g	2.8g
Carbohydrate (g)	97.2g	20.5g
- sugars (g)	11.5g	2.4g
Sodium (mg)	1167mg	246mg
Dietary Fibre (g)	21.2g	4.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3771kJ (901Cal)	796kJ (190Cal)
Protein (g)	38.9g	8.2g
Fat, total (g)	50.1g	10.6g
- saturated (g)	11.5g	2.4g
Carbohydrate (g)	71.7g	15.1g
- sugars (g)	8.7g	1.8g
Sodium (mg)	728mg	154mg
Dietary Fibre (g)	21.2g	4.5g

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/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



1



Cook the garlic rice

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

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

3



Cook the fish

- Wipe out pan and return to medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, cook **crumbed basa** until golden and cooked through, **2-3 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: If you've swapped to salmon, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Pat salmon dry with a paper towel and season both sides. When oil is hot, cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side.

2



Cook the veggies

- Meanwhile, thinly slice **capsicum**.
- Roughly chop **Asian greens**.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **capsicum**, stirring, until tender, **4-5 minutes**.
- Add **Asian greens** and cook until just wilted, **1-2 minutes**.
- Remove pan from heat and add the **soy sauce**, tossing to coat. Transfer to a bowl and cover to keep warm.

4



Serve up

- In a small bowl, combine **mayonnaise** and **Japanese style dressing**.
- Divide the garlic rice between bowls, then top with crumbed fish and veggies.
- Serve with a dollop of Japanese mayo and sprinkle over **mixed sesame seeds**. Enjoy!

Custom Recipe: Top garlic rice with salmon and veggies as above.

Rate your recipe

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