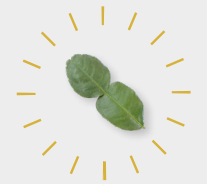




OCEAN TROUT & THAI COCONUT SAUCE

WITH GREENS & KAFFIR LIME RICE



Cook with kaffir lime leaves



Kaffir Lime Leaves



Basmati Rice



Broccolini



Green Beans



Long Red Chilli (Optional)



Garlic



Ginger



Shredded Coconut



Ocean Trout



Coconut Cream



Fish Sauce & Rice Vinegar Mix

Hands-on: **25 mins**
Ready in: **30 mins**

Eat me first

Spicy (optional long red chilli)

With its vibrant pink colour and buttery texture, ocean trout is a king among fish. This delectable Thai-inspired meal lets the royal seafood shine, with an aromatic coconut sauce and kaffir lime-infused rice. It's a simple yet stunning meal that is sure to amaze and delight!

Pantry Staples: Olive Oil, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



1 MAKE THE KAFFIR LIME RICE

Scrunch the **kaffir lime leaves**.

TIP: This helps release their flavour! In a medium saucepan, bring the **water** to the boil. Add the **basmati rice** and kaffir lime leaves, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed. **TIP:** The rice will finish cooking in its own steam so don't peek!



2 GET PREPPED

While the rice is cooking, slice the **broccolini** in half lengthways. Trim the **green beans**. Thinly slice the **long red chilli** (if using). Finely grate the **garlic**. Finely grate the **ginger** to get **1 tsp for 2 people / 2 tsp for 4 people**. Heat a medium frying pan over a medium-high heat. Add the **shredded coconut** (see ingredients list) and toast, tossing occasionally, for **2-3 minutes**, or until golden. Transfer to a small bowl.



3 COOK THE VEGGIES

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **broccolini, green beans** and a **dash of water** and cook, tossing, for **3-4 minutes** or until just tender. Add **1/2 the garlic** and cook for **30 seconds**, or until fragrant. Season with a **pinch of salt** and **pepper**. Transfer to a plate.



4 COOK THE OCEAN TROUT

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Pat the **ocean trout** fillets dry and season both sides with a **pinch of salt** and **pepper**. When the oil is hot, add the ocean trout to the pan, skin-side down, and cook for **2-4 minutes** on each side (depending on thickness), or until just cooked through. Transfer to the plate with the veggies. **TIP:** Place the fish on the plate skin-side up to keep the skin crisp!



5 MAKE THE COCONUT DRESSING

Wash out the pan and return to a medium-high heat. Add the **coconut cream, ginger, brown sugar, fish sauce & rice vinegar mix** and **remaining garlic**. Simmer for **3-4 minutes**, stirring often, or until heated through and the garlic has lost its raw flavour.



6 SERVE UP

Remove the kaffir lime leaves from the rice. Divide the kaffir lime rice and veggies between plates. Top with the pan-fried ocean trout and spoon the coconut sauce around the fish. **TIP:** Keep the fish skin crisp by spooning the sauce around but not on the fish. Garnish with the toasted coconut and long red chilli (if using).

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kaffir lime leaves	2 leaves	4 leaves
water*	1½ cups	3 cups
basmati rice	1 packet	2 packets
broccolini	1 bunch	2 bunches
green beans	1 bag (200 g)	1 bag (400 g)
long red chilli (optional)	1	2
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
shredded coconut	½ packet	¾ packet
ocean trout	1 packet	1 packet
coconut cream	1 tin (140 ml)	1 tin (270 ml)
brown sugar*	2 tsp	1 tbs
fish sauce & rice vinegar mix	1 tub (40 g)	2 tubs (80 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3630kJ (868Cal)	697kJ (166Cal)
Protein (g)	40.4g	7.8g
Fat, total (g)	42.4g	8.1g
- saturated (g)	26.0g	5.0g
Carbohydrate (g)	79.6g	15.3g
- sugars (g)	8.5g	1.6g
Sodium (g)	324mg	62mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

PAIR THIS MEAL WITH

Dry Riesling
or
Grüner Veltliner

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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