



Chinese-Style Fish En Papillote & Jasmine Rice

with Garlic Veggies & Soy-Ginger Sauce

SKILL UP

NEW

Grab your Meal Kit with this symbol



Jasmine Rice



Lemon



Smooth Dory Fillets



Garlic



Green Beans



Carrot



Spring Onion



Ginger Paste



Soy Sauce Mix



Smooth Dory Fillets

Recipe Update

We've replaced the crispy shallots in this recipe with spring onion due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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



Calorie Smart*
*Custom Recipe is not Calorie Smart



Eat Me First

Time to unleash your inner chef! We've unlocked the key to creating the most tender, moist and flaky steamed fish. Pop your fish straight onto a bed of baking paper and foil with any flavours you like, wrap it up, and let your oven do the rest. Paired with tender veggies and a flavourful soy-ginger sauce, your plate will be licked clean!

CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Sesame Oil, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 · Oven tray · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
lemon	½	1
smooth dory fillets	1 packet	2 packets
garlic	3 cloves	6 cloves
green beans	1 medium packet	1 large packet
carrot	1	2
spring onion	1 stem	2 stems
sesame oil*	1 tbs	2 tbs
ginger paste	1 medium packet	1 large packet
soy sauce mix	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
smooth dory fillets**	1 packets	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1897kJ (453Cal)	402kJ (96Cal)
Protein (g)	21g	4.5g
Fat, total (g)	20.8g	4.4g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	42.7g	9.1g
- sugars (g)	10.5g	2.2g
Sodium (mg)	1160mg	246mg
Dietary Fibre (g)	7.2g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2378kJ (568Cal)	389kJ (93Cal)
Protein (g)	36.7g	6g
Fat, total (g)	26.5g	4.3g
- saturated (g)	4.6g	0.8g
Carbohydrate (g)	43.2g	7.1g
- sugars (g)	10.9g	1.8g
Sodium (mg)	1269mg	208mg
Dietary fibre	7.2g	1.2g

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/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

2024 | CW23



Cook the rice

- Preheat oven to **240°C/220°C fan-forced**.
- Add the **water** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from heat and keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

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



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **green beans** and **carrot** until tender, **4-5 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



Steam the fish

- Meanwhile, thinly slice **lemon** into rounds. Discard any liquid from **smooth dory fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- Season **fish** on both sides and top with **lemon slices**. Wrap in baking paper, then in foil, folding the seams to seal.
- Place wrapped **fish** on an oven tray. Bake until cooked through, **12-14 minutes**.

Custom Recipe: If you've doubled your fish, follow instructions as above.



Make the sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil** and the **sesame oil**.
- Add remaining **garlic** and **ginger paste** and cook until fragrant, **1 minute**.
- Remove pan from heat, then stir through the **soy sauce mix** and the **brown sugar**.



Get prepped

- Meanwhile, finely chop **garlic**. Trim **green beans**. Thinly slice **carrot** into sticks. Thinly slice **spring onion**.



Serve up

- Divide jasmine rice between bowls.
- Top with garlic veggies and steamed fish.
- Spoon soy-ginger sauce over fish and veggies. Garnish with **spring onion** to serve. Enjoy!

Rate your recipe

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