



# BAKED MISO FISH

with Green Beans & Ginger Jasmine Rice



Seal in flavour with a baked fish parcel!



Ginger



Jasmine Rice



Garlic



Green Beans



Carrot



Spring Onion



Lime



Miso Paste



White Fish Fillets

Hands-on: 15 mins  
Ready in: 35 mins

Eat me first

Low calorie

Our key to sealing moisture and flavour into this dish involves encasing tender miso fish fillets in foil parcels that steams as it bakes in the oven! Accompanied by fragrant ginger-jasmine rice and snappy green beans, you'll be in a hurry to unwrap these tasty delights and dig in!

**Pantry Staples:** Olive Oil, Butter, Soy Sauce, Honey



## 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**
- **oven tray**



### 1 COOK THE GINGER JASMINE RICE

Preheat the oven to **220°C/200°C fan-forced**. Finely grate the **ginger**. In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the ginger and cook, stirring, until fragrant, **1-2 minutes**. Add the **water (for the rice)** and the **salt** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the 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!



### 4 MAKE THE FISH PARCELS

Place large squares (30cm) of aluminium foil on an oven tray (one per person). Divide the **white fish fillets** between the foil squares and spoon over the **miso-soy mixture**. Fold in the foil to form sealed parcels. 🌱 **TIP:** The fish will steam inside the foil parcels so make sure you fold them tightly! Bake until the fish is just cooked through, **15 minutes**.



### 2 PREP THE VEGGIES

While the rice is cooking, finely grate the **garlic** (or use a garlic press). Trim the **green beans**. Cut the **carrot** (unpeeled) into thin matchsticks. Thinly slice the **spring onion**. Slice the **lime (see ingredients list)** into wedges.



### 5 COOK THE VEGGIES

Heat a medium frying pan over a medium-high heat. Add the **carrot, green beans** and a **splash of water** and cook until just softened, **4-5 minutes**. Transfer to a plate and cover to keep warm.



### 3 MAKE THE SAUCE

In a small bowl, combine the **miso paste, soy sauce, garlic, water (for the sauce), honey** and a **drizzle of olive oil**.



### 6 SERVE UP

Divide the ginger jasmine rice between plates. Open up the foil parcels and top the rice with the steamed miso fish and veggies. Spoon over any cooking juices from the fish parcels. Garnish with the sliced spring onion and serve the lime wedges on the side.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
salt* (for the rice)	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
garlic	2 cloves	4 cloves
green beans	1 bag (100 g)	1 bag (200 g)
carrot	1	2
spring onion	1 bunch	1 bunch
lime	½	1
miso paste	1 tub (40 g)	2 tubs (80 g)
soy sauce*	1½ tbs	3 tbs
water* (for the sauce)	1½ tbs	3 tbs
honey*	2 tsp	4 tsp
white fish fillets	1 packet	1 packet

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2960kJ (708Cal)	686kJ (164Cal)
Protein (g)	37.7g	8.7g
Fat, total (g)	25.2g	5.8g
- saturated (g)	7.9g	1.8g
Carbohydrate (g)	79.2g	18.3g
- sugars (g)	17.0g	3.9g
Sodium (g)	2690mg	623mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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