

## **BAKED MISO FISH**

with Green Beans & Ginger Jasmine Rice

unwrap these tasty delights and dig in!



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



Seal in flavour with a baked fish parcel!





Jasmine Rice





Green Beans





**Spring Onion** 



Lime

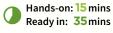


Miso Paste



Fillets

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







Low calorie

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



Preheat the oven to 220°C/200°C fanforced. 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!



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.



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.



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.



COOK THE VEGGIES

Heat a medium frying pan over a mediumhigh 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.



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!** 

## 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)	<b>1 bag</b> (200 g)
carrot	1	2
spring onion	1 bunch	1 bunch
lime	1/2	1
miso paste	1 tub (40 g)	<b>2 tubs</b> (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

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IUTRITION	PER SERVING	PER 100G
nergy (kJ)	2960kJ (708Cal)	686kJ (164Cal)
rotein (g)	37.7g	8.7g
at, total (g)	25.2g	5.8g
saturated (g)	7.9g	1.8g
arbohydrate (g)	79.2g	18.3g
sugars (g)	17.0g	3.9g
odium (g)	2690mg	623mg

For allergens and ingredient information, visit **HelloFresh.co.nz/recipes** 

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