



Sichuan-Glazed Snapper

with Chilli-Garlic Rice & Soy Greens

Grab your Meal Kit with this symbol



Garlic



Long Red Chilli (Optional)



Basmati Rice



Broccoli



Asian Greens



Lemon



Coriander



Snapper



Sichuan Garlic Paste



Crispy Shallots

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Spicy (optional long red chilli)

Eat me first

We've gone a little bit fancy on you with this snazzy snapper, coated in a mild Sichuan sauce and loaded with tasty umami flavours. Accompanied by crunchy greens and chilli-infused garlic rice, you won't believe you whipped up such a delight.

Pantry items

Olive Oil, Butter, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
long red chilli (optional)	½	1
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
broccolini	1 bunch	2 bunches
Asian greens	1 bunch	1 bunch
lemon	½	1
coriander	1 bunch	1 bunch
soy sauce*	2 tsp	4 tsp
snapper	1 packet	1 packet
Sichuan garlic paste	1 packet (80g)	2 packets (160g)
water* (for the sauce)	1 tbs	2 tbs
crispy shallots	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3030kJ (723Cal)	686kJ (164Cal)
Protein (g)	43.7g	9.9g
Fat, total (g)	21.3g	4.8g
- saturated (g)	8.8g	2.0g
Carbohydrate (g)	86.7g	19.7g
- sugars (g)	15.4g	3.5g
Sodium (mg)	1220mg	277mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a Drop?

We recommend pairing this meal with Sauvignon Blanc or Riesling



1. Cook the chilli-garlic rice

Finely chop the **garlic** (or use a garlic press). Finely chop the **long red chilli** (see ingredients list), if using. In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the **garlic** and **chilli** (if using) and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



2. Prep the veggies

While the rice is cooking, trim the ends of the **broccolini**. Roughly chop the **Asian greens**. Slice the **lemon** into wedges. Roughly chop the **coriander**.



3. Cook the greens

Heat a medium frying pan over a medium-high heat. Add the **broccolini** and a **splash of water** and cook, stirring, until the broccolini has softened and the water has evaporated, **4 minutes**. Add a **drizzle of olive oil** and the **Asian greens**. Cook until wilted, **1-2 minutes**. Add the **soy sauce**, stir to coat, then transfer to a bowl and cover to keep warm.



4. Cook the snapper

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Season the **snapper** on both sides with **salt** and **pepper**, then add to the pan. Cook until just cooked through, **2-4 minutes** each side.

TIP: Fish is cooked through when the centre turns from translucent to white.



5. Glaze the snapper

Remove the pan from the heat, then add the **Sichuan garlic paste** and **water (for the sauce)** over the **snapper**. Turn to coat.



6. Serve up

Divide the chilli-garlic rice between plates and top with the Sichuan-glazed snapper and soy greens. Spoon over excess glaze from the pan. Garnish with the coriander and **crispy shallots**. Serve with the lemon wedges.

Enjoy!