



Golden Ginger-Scallion Sea Bass

with Steamed Rice and Umami-Glazed Veggies

Discovery Special

Spicy

30 Minutes



Sea Bass
280 g | 560 g



Basmati Rice
¾ cup | 1 ½ cup



Mushrooms
113 g | 227 g



Sugar Snap Peas
113 g | 227 g



Green Onion
2 | 4



Ginger
30 g | 60 g



Garlic, cloves
2 | 4



Miso Broth Concentrate
1 | 2



Soy Sauce
½ tbsp | 1 tbsp



Honey
½ | 1



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Chili Flakes
½ tsp | 1 tsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Cook rice

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- **Heat Guide for Step 3:** 1/4 tsp (1/2 tsp) mild, 1/2 tsp (1 tsp) medium and 1 tsp (2 tsp) spicy!

- Add **1 ¼ cups** (2 ½ cups) **water**, **½ tsp** (¼ tsp) **salt** and **1 tbsp** (2 tbsp) **butter** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove from heat. Set aside, still covered.

2



Prep and roast veggies

- Trim **sugar snap peas**.
- Cut **mushrooms** into ¼-inch-thick slices.
- Add **snap peas, mushrooms** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Toss to coat.
- Roast in the **bottom** of the oven, stirring halfway, until **veggies** are tender and golden-brown, 10-14 min.

3



Finish prep

- Peel, then grate **ginger**.
- Thinly slice **green onions**.
- Peel, then grate or mince **garlic**.
- Melt **1 tbsp** (2 tbsp) **butter** in a large bowl in the microwave, 30 sec.
- Add **ginger, garlic, half the green onions** and **chili flakes** to a medium heatproof bowl. (**NOTE:** Reference heat guide.) Stir to mix.

4



Make ginger-scallion sauce and umami glaze

- Heat a large non-stick pan over medium-high heat. When hot, add **3 tbsp** (6 tbsp) **oil**, swirling pan until **oil** is shimmering and rippling slightly.
- Carefully pour the **hot oil** over **ginger-green onion mixture**. (**NOTE:** The mixture will sizzle slightly, this is normal.) Once **oil** is no longer sizzling, add **half the miso concentrate**. Season with **salt** and **pepper**. Stir to mix.
- Add **soy sauce, half the honey** (use all for 4 ppl) and **remaining miso concentrate** to bowl with **butter**. Stir to mix. (**NOTE:** This is your umami glaze.)

5



Prep and cook fish

- Pat **sea bass** dry with paper towels, then season with **salt** and **pepper**.
- Sprinkle **Cream Sauce Spice Blend** over **both sides of sea bass**, coating evenly.
- Heat the same pan (from step 4) over medium-high. When hot, add **1 tbsp oil**, then **sea bass, skin-sides down**. (**NOTE:** For 4 ppl, cook sea bass in two batches, using 1 tbsp oil per batch.)
- Cook until **skin** is crispy, 2-3 min. Flip and cook until **sea bass** is opaque and cooked through, 2-3 min. **

6



Finish and serve

- Add **veggies** to bowl with **umami glaze**. Toss to coat.
- Fluff **rice** with fork and stir in **remaining green onions**.
- Divide **rice** between plates.
- Top with **veggies** and **sea bass**.
- Spoon **ginger-scallion sauce** over **sea bass**.
- Spoon **any remaining umami glaze** over **rice**.