




Thai-Style Fried Tilapia

with Lemongrass Rice and Green Beans












Family Friendly 15-25 Minutes

 Swap	 Double
	
Salmon Fillets, skin-on 250 g 500 g	Tilapia 600 g 1200 g

 Customized Protein  Add  Swap or  Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca) 



	
Tilapia 300 g 600 g	Jasmine Rice ¾ cup 1 ½ cups
	
Cornstarch 4 tbsp 8 tbsp	Thai Seasoning 1 tbsp 2 tbsp
	
Sweet Chili Sauce  2 tbsp 4 tbsp	Fish Sauce 1 tbsp 2 tbsp
	
Lime 1 1	Green Beans 170 g 340 g
	
Lemongrass 1 2	Ginger-Garlic Puree 1 tbsp 2 tbsp

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.

Pantry items | Oil, salt, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, strainer, zester

1



Make rice

- Before starting, add 1 cup (2 cups) water and ½ tsp (¼ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Remove outer layer of **lemongrass**, then using the back of a spoon or a pot, gently hit **lemongrass** to lightly crush.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Add **rice** and **lemongrass** to the **boiling water**, then reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

4



Prep and cook fish

🔄 Swap | **Salmon Fillets, skin-on**

*2 Double | **Tilapia**

- Meanwhile, pat **tilapia** dry with paper towels. Season all over with **remaining Thai Seasoning, salt** and **pepper**.
- When **beans** are done, wipe the pan clean, then reduce heat to medium.
- When hot, add **1 tbsp** (2 tbsp) **oil** to the pan, then **tilapia**. Cook until **tilapia** is opaque and cooked through, 3-4 min per side.**

2



Prep

- Meanwhile, trim **green beans**.
- Zest, then juice **half the lime** (use whole lime for 4 ppl).
- Cut **remaining lime** into wedges.

3



Cook green beans

- Heat a large non-stick pan over over medium-high.
- When hot, add **green beans** and ¼ cup (½ cup) **water**. Cook, stirring occasionally, until water evaporates, 4-5 min.
- Add **1 tbsp** (2 tbsp) **oil**, **half the Thai Seasoning** and **half the ginger-garlic puree** (use all for 4 ppl). Cook, stirring often, until fragrant and **green beans** are tender-crisp, 1 min. Season with **salt** and **pepper**, to taste.
- Transfer to a plate, then cover to keep warm.

5



Make sauce

- Remove the pan from heat, then add **sweet chili sauce**, **1 tbsp** (2 tbsp) **water** and **fish sauce**. Cook, until warmed through and **sauce** coats **tilapia**, 1 min.

6



Finish and serve

- Remove **lemongrass** from **rice**, then fluff with a fork.
- Season **rice** with **salt**, to taste, then stir in **lime zest**.
- Divide **rice, beans** and **tilapia** between plates.
- Top **tilapia** with **any remaining sauce** from the pan.

Measurements within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

4 | Prep and cook fish

🔄 Swap | **Salmon Fillets, skin-on**

If you've opted to get **salmon**, season it in the same way the recipe instructs you to season the **tilapia**. Cook **salmon** until golden-brown and cooked through, 3-5 min per side.**

4 | Prep and cook fish

*2 Double | **Tilapia**

If you've opted for double **tilapia**, cook it in the same way the recipe instructs you to cook the **regular portion of tilapia**. Work in batches, if necessary.

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.