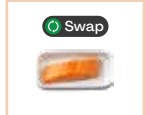




# SuperQuick Thai Coconut-Curry Tilapia Bowls

with Garlic Rice and Cashews

15 Minutes



Salmon Fillets, skin-on  
250 g | 500 g

Customized Protein **+** Add **↻** Swap or **×2** 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  
¼ cup | 1 ½ cups



Sweet Bell Pepper  
1 | 2



Sugar Snap Peas  
113 g | 227 g



Coconut Milk  
1 | 2



Cashews, chopped  
56 g | 112 g



Ginger-Garlic Puree  
2 tbsp | 4 tbsp



Red Curry Paste  
2 tbsp | 4 tbsp



Garlic Spread  
2 tbsp | 4 tbsp



Thai Seasoning  
1 tbsp | 2 tbsp



Soy Sauce  
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, strainer

1



### Cook rice and prep

- 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.
- Once the water is boiling, using a strainer, rinse **rice** until water runs clear.
- Add **rice** 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.

2



### Cook fish

- [Swap](#) | [Salmon Fillets, skin-on](#)
- Heat a large non-stick pan over medium heat.
- While the pan is heating, pat **tilapia** dry with paper towels, then season with **salt** and **pepper**.
- When the pan is hot, add ½ **tblsp** (1 **tblsp**) **oil**, then **tilapia**. Cook until **tilapia** is opaque and cooked through, 3-4 min per side.\*\*
- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- When done, remove **tilapia** from heat.
- Transfer **tilapia** to a plate.

3



### Make sauce

- Reheat the same pan over medium-low.
- When hot, add ½ **tblsp** (1 **tblsp**) **oil**, then **peppers, snap peas, coconut milk, red curry paste, ginger-garlic puree, soy sauce** and **Thai seasoning**. (NOTE: Trim snap peas if desired.) Cook, stirring often, until **sauce** is slightly thickened and **veggies** are tender-crisp, 2-4 min.

4



### Finish and serve

- Fluff **rice** with a fork, then stir in **garlic spread**.
- Divide **rice** between bowls. Top with **tilapia**.
- Spoon **curry-veggie mixture** over **fish**.
- Sprinkle with **cashews**.

Measurements  
within steps

1 **tblsp** (2 **tblsp**) **oil**  
2 person 4 person Ingredient

## 2 | Cook fish

[Swap](#) | [Salmon Fillets, skin-on](#)

If you've opted to get **salmon**, heat a large non-stick pan over medium-high heat. Season and prepare the **salmon** the same way the recipe instructs you to prepare and season the **tilapia**. When the pan is hot, add ½ **tblsp** (1 **tblsp**) **oil**, then **salmon**, skin-sides down. Cook until skin is crispy, 5-6 min. Flip and cook until **salmon** is cooked through, 3-4 min.\*\*

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