



Buttery Soy-Honey Fish Bowls

with Garlic-Ginger Rice and Veggies

Family Friendly 30-40 Minutes



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Tilapia



Basmati Rice



Broccoli, florets



Carrot



Edamame



Vegetarian Oyster Sauce



Ginger-Garlic Puree



Sesame Seeds



Honey



Crispy Shallots



Soy Sauce

HELLO VEGETARIAN OYSTER SAUCE
A savoury sauce that adds oomph to any stir-fry!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, vegetable peeler, large non-stick pan, measuring spoons, small microwavable bowl, medium pot, parchment paper, measuring cups, whisk, paper towels

Ingredients

	2 Person	4 Person
Tilapia	300 g	600 g
Basmati Rice	¾ cup	1 ½ cups
Broccoli, florets	227 g	454 g
Carrot	170 g	340 g
Edamame	56 g	113 g
Vegetarian Oyster Sauce	4 tbsp	8 tbsp
Ginger-Garlic Puree	2 tbsp	4 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Crispy Shallots	28 g	56 g
Soy Sauce	1 tbsp	2 tbsp
Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.



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1



Cook rice

- Add **1 ¼ cups** (2 ½ cups) **water**, **¼ tsp** (¼ tsp) **salt**, **1 tbsp** (2 tbsp) **butter** and **half the ginger-garlic puree** 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 the pot from heat. Set aside, still covered.

4



Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **broccoli, edamame, carrots, 1 tbsp** (2 tbsp) **oil** and **⅓ cup** (⅔ cup) **water**. Cook, stirring often, until **veggies** are tender-crisp, 3-4 min.
- Add **remaining ginger-garlic puree, remaining vegetarian oyster sauce** and **remaining soy sauce**. Cook, stirring often, until fragrant and **veggies** have softened, 1-2 min.

2



Prep

- Meanwhile, cut **any large broccoli** into bite-sized pieces.
- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Melt **1 tbsp** (2 tbsp) **butter** in a small microwavable bowl, or a small pan over low heat. Add **honey, half the soy sauce** and **half the vegetarian oyster sauce**. Whisk to combine.

5



Finish and serve

- Fluff **rice** with a fork, then stir in **half the crispy shallots**.
- Divide **rice, veggies** and **tilapia** between plates.
- Spoon **buttery soy-honey sauce** over **tilapia**.
- Sprinkle **remaining crispy shallots** over top.

3



Prep and cook fish

- Line a baking sheet with parchment paper.
- Pat **tilapia** dry with paper towels, then place **fillets** on prepared baking sheet.
- Rub **each fillet** with **1 tsp oil**. Season all over with **salt** and **pepper**.
- Spread **1 tsp ginger-garlic puree** over **each fillet**.
- Sprinkle **sesame seeds** over top.
- Roast in the **middle** of the oven until cooked through, 7-9 min**

Dinner Solved!