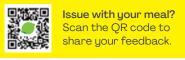


Buttery Soy-Honey Fish Bowls

with Garlic-Ginger Rice and Veggies

Family Friendly 30-40 Minutes













Broccoli, florets





Edamame



Carrot







Ginger-Garlic Puree

Sesame Seeds





Honey





Soy Sauce

Start here

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

Measurements, 1 tbsp., (2 tbsp), within steps 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

ingi calcileo		
	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.





Cook rice

- Add 1 1/4 cups (2 1/2 cups) water, 1/8 tsp (1/4 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.



Prep

- Meanwhile, cut any large broccoli into bite-sized pieces.
- Peel, then halve carrot lengthwise. Cut into 1/4-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.



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**



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 1/3 cup (3/3 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.



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.

Dinner Solved!