



Cal Smart Ginger Miso-Glazed Tilapia with Ginger-Garlic Veggies

Calorie Smart

Quick

25 Minutes



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CUSTOM RECIPE

This is a Custom Recipe. If you chose to add shrimp, simply follow the instructions on the back of this card and you're set.

Happy cooking!

-  Tilapia Fillets
-  Shrimp
-  Miso Broth Concentrate
-  Ginger Sauce
-  Shanghai Bok Choy
-  Carrot
-  Ginger-Garlic Puree
-  Green Onion
-  Basmati Rice

HELLO MISO BROTH CONCENTRATE

This traditional Japanese flavour-maker is made from fermented soy beans!

Start here

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

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

Bust out

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

Ingredients

	2 Person	4 Person
Tilapia Fillets	300 g	600 g
Shrimp	285 g	570 g
Miso Broth Concentrate	2 tsp	4 tsp
Ginger Sauce	4 tbsp	8 tbsp
Shanghai Bok Choy	1	2
Carrot	1	2
Ginger-Garlic Puree	2 tbsp	4 tbsp
Green Onion	1	2
Basmati Rice	¾ cup	1 ½ cups
Unsalted Butter*	1 ½ tbsp	3 tbsp
Salt and Pepper*		

* Pantry items

** Cook tilapia and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°F, respectively, 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 **rice**, **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, 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.

4



Broil tilapia

- Meanwhile, pat **tilapia** dry with paper towels.
- Arrange on a foil-lined baking sheet.
- Season **tilapia** with **salt** and **pepper**, then spread **miso glaze** over top.
- Broil in the **middle** of the oven until cooked through, 5-6 min.**

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat dry with paper towels. Add **shrimp** to the same foil-lined baking sheet as the **tilapia**. Season with **salt** and **pepper**, then drizzle **1 tbsp oil** over top. Broil **tilapia** and **shrimp** in the **middle** of the oven until cooked through, 5-6 min.**

2



Prep and make miso glaze

- Meanwhile, separate **bok choy leaves**, then cut into 1-inch pieces.
- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Thinly slice **green onion**.
- Melt **½ tbsp** (1 tbsp) **butter** in a small microwavable bowl.
- Add **miso broth concentrate**, **1 tbsp** (2 tbsp) **ginger sauce** and **½ tbsp** (1 tbsp) **ginger-garlic puree** to the bowl with **melted butter**, then stir to combine.

5



Finish and serve

- Add **half the green onions** to the pot with **rice**, then fluff with a fork.
- Divide **rice** between bowls. Top with **veggies**, then **tilapia**.
- Sprinkle **remaining green onions** over top.

Top final plates with **shrimp**.

Dinner Solved!

3



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **carrots** and **½ cup** (¾ cup) **water**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until water evaporates, 5-6 min.
- Add **1 tbsp** (2 tbsp) **butter**, then **bok choy**. Cook, stirring often, until **veggies** are tender-crisp, 2-3 min.
- Add **remaining ginger-garlic puree** and **remaining ginger sauce**. Cook, stirring often, until fragrant, 30 sec. Season with **salt** and **pepper**, to taste.
- Transfer **veggies** to a plate. Cover to keep warm.