

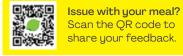
Cal Smart Ginger Miso-Glazed Tilapia

with Ginger-Garlic Veggies

Calorie Smart

Quick

25 Minutes







Tilapia Fillets



Miso Broth



Ginger Sauce

Green Onion

Concentrate



Shanghai Bok Choy





Ginger-Garlic Puree





Basmati Rice



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!

Start here

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

Measurements 1 tbsp (2 tbsp) within steps

Bust out

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

Ingredients

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	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.



Cook rice

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



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.**



Prep and make miso glaze

- Meanwhile, separate bok choy leaves, then cut into 1-inch pieces.
- Peel, then halve carrot lengthwise. Cut into 1/4-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.



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!



Cook veggies

- Heat a large non-stick pan over mediumhigh 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 tendercrisp, 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.

