



Indonesian-Style Lemongrass Tilapia

with Green Bean Pilaf Rice

Spicy

25 Minutes



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Tilapia



Shrimp



Basmati Rice



Green Beans



Onion, chopped



Roma Tomato



Lemongrass



Lime



Ginger-Garlic Puree



Chili-Garlic Sauce



Soy Sauce



Vegetable Stock Powder

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!

HELLO LEMONGRASS

A tall tropical grass with bright lemony notes!

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, measuring spoons, zester, aluminum foil, medium pot, measuring cups, large non-stick pan, paper towels, small bowl

Ingredients

| | 2 Person | 4 Person |
|-----------------------------|----------|----------|
| Tilapia | 300 g | 600 g |
| Shrimp | 285 g | 570 g |
| Basmati Rice | ¾ cup | 1 ½ cups |
| Green Beans | 170 g | 340 g |
| Onion, chopped | 113 g | 227 g |
| Roma Tomato | 1 | 2 |
| Lemongrass | 1 | 2 |
| Lime | 1 | 1 |
| Ginger-Garlic Puree | 2 tbsp | 4 tbsp |
| Chili-Garlic Sauce 🍷 | 1 tbsp | 2 tbsp |
| Soy Sauce | 1 tbsp | 2 tbsp |
| Vegetable Stock Powder | 1 tbsp | 2 tbsp |
| Unsalted Butter* | 1 tbsp | 2 tbsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook tilapia and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°F, respectively.

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

- Heat a medium pot over medium-high heat. When hot, add ½ **tbsp (1 tbsp) oil**, then **half the onions**. Cook, stirring occasionally, until **onions** soften slightly, 2-3 min. Add **stock powder, rice** and **1 ¼ cups (2 ½ cups) water** and bring to a boil over high heat.
- Once **rice mixture** is 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



Cook green beans

- Heat a large non-stick pan over medium-high heat.
- When hot, add **green beans, half the soy sauce** and **¼ cup (½ cup) water**. Cook, stirring occasionally, until water evaporates, 4-6 min. Season with **pepper**.
- Transfer **beans** to a plate.
- Carefully, wipe the pan clean.

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat dry with paper towels. Season with **salt** and **pepper**. Heat the same pan over medium-high. When hot, add ½ **tbsp (1 tbsp) oil**, then shrimp. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Transfer to a plate. Use the same pan to cook **tomato-onion mixture** in step 5.

2



Broil tilapia

- Meanwhile, pat **tilapia** dry with paper towels.
- Arrange **tilapia** on a foil-lined baking sheet, skin-side down. Season with **salt** and **pepper**.
- Combine **half the chili-garlic sauce** and ½ **tbsp (1 tbsp) oil** in a small bowl. Spread **chili-garlic oil** on tops of **tilapia**. Broil in the **middle** of the oven until cooked through, 8-10 min.**

5



Cook tomato-onion mixture

- Add ½ **tbsp (1 tbsp) oil** to the same pan, then **onions, tomatoes, ginger-garlic puree, lemongrass, remaining chili-garlic sauce, remaining soy sauce** and **3 tbsp (6 tbsp) water**. Cook, stirring occasionally, until **veggies** soften and **sauce** thickens slightly, 5-6 min.
- Remove from heat.
- Remove and discard **lemongrass**. Stir in ½ **tbsp (1 tbsp) lime juice**. Season with **pepper**, then stir to combine.

3



Prep

- Meanwhile, remove outer layer of **lemongrass**, then halve crosswise. Using the back of a spoon, forcefully tap **lemongrass** to bruise.
- Trim, then halve **green beans**.
- Cut **tomato** into ¼-inch pieces.
- Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges.

6



Finish and serve

- Fluff **rice** with a fork. Stir in **green beans, 1 tbsp (2 tbsp) butter** and ½ **tsp (1 tsp) lime zest**. Season with **salt** and **pepper**, to taste, then stir to combine.
- Divide **pilaf** between plates. Top with **tilapia**.
- Spoon **tomato-onion mixture** evenly over **tilapia**.
- Serve **any remaining lime wedges** alongside.

Top final plates with **shrimp**.

Dinner Solved!