



Indonesian-Style Lemongrass Tilapia

with Green Bean Pilaf Rice

Spicy

25 Minutes

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or

*2 Double

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*2 Double



Tilapia

600 g | 1200 g



Tilapia
300 g | 600 g



Basmati Rice
¾ cup | 1 ½ cups



Green Beans
170 g | 340 g



Onion, chopped
113 g | 227 g



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

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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Ingredient quantities 56 g | 113 g
2 person | 4 person

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Baking sheet, measuring spoons, zester, aluminum foil, medium pot, measuring cups, small bowl, large non-stick pan, paper towels

1



Cook rice

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

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

2



Prep

- Meanwhile, remove outer layer of **lemongrass**, then halve crosswise. Using the back of a spoon, forcefully tap **lemongrass** to bruise. (**TIP:** Smashing lemongrass will help release flavour.)
- Trim **green beans**, then cut into 1-inch pieces.
- Cut **tomato** into ¼-inch pieces.
- Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges.

3



Broil tilapia

×2 Double | Tilapia

- Pat **tilapia** dry with paper towels.
- Arrange 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** onto **tops of tilapia**.
- Broil in the **middle** of the oven until cooked through, 8-10 min.**

4



Cook green beans

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **green beans** and **2 tbsp** (4 tbsp) **water**. Cook, stirring occasionally, until water evaporates, 4-6 min.
- Add **1 tbsp** (2 tbsp) **butter**. Cook, stirring often, until **butter** melts and **green beans** are tender-crisp, 1 min. Season with **salt** and **pepper**.
- Transfer to a plate.
- Carefully wipe the pan clean.

5



Cook tomato-onion mixture

- Add **½ tbsp** (1 tbsp) **oil** to the same pan, then **onions**, **tomatoes**, **ginger-garlic puree**, **lemongrass**, **soy sauce**, **remaining chili-garlic sauce** and **3 tbsp** (6 tbsp) **water**.
- Cook, stirring occasionally, until **veggies** soften and **sauce** thickens slightly, 4-6 min.
- Remove from heat.
- Remove and discard lemongrass. Stir in **½ tbsp** (1 tbsp) **lime juice**. Season with **pepper**, then stir to combine.

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.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Broil tilapia

×2 Double | Tilapia

If you've opted for **double tilapia**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of tilapia**.

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



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