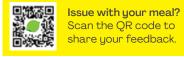


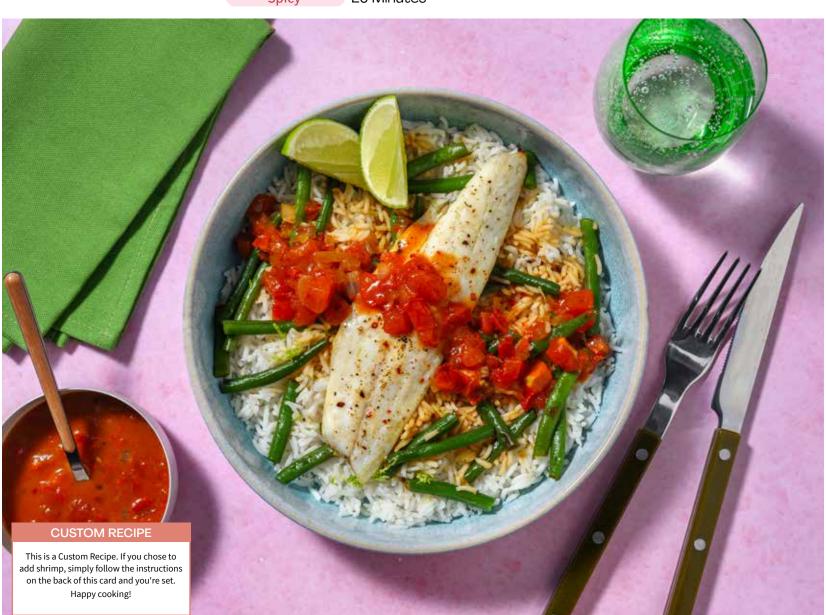
# Indonesian-Style Lemongrass Tilapia

with Green Bean Pilaf Rice

Spicy

25 Minutes













Green Beans

Roma Tomato





Onion, chopped





Lemongrass



Ginger-Garlic Puree



Chili-Garlic Sauce



Soy Sauce



Vegetable Stock Powder

## Start here

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

Measurements 1 tbsp (2 tbsp) within steps

oil

#### Bust out

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

## Ingredients

9		
	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\*

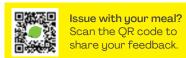
\* Pantry items

\*\* 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, sov. sulphites, tree nuts and wheat.





#### Cook rice

- · Heat a medium pot over medium-high heat. When hot, add 1/2 tbsp (1 tbsp) oil, then half the onions. Cook, stirring occasionally, until **onions** soften slightly, 2-3 min. Add **stock** powder, rice and 1 1/4 cups (2 1/2 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.



#### Cook green beans

- · Heat a large non-stick pan over mediumhigh 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.



## 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 1/2 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.\*\*



#### 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.



#### Cook tomato-onion mixture

- Add 1/2 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.



#### 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!