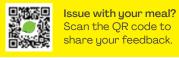


# Thai-Inspired Roasted Sea Bass

with Coconut Milk Risotto and Roasted Veggies

Discovery Special 40 Minutes



















**Red Onion** 











**Baby Spinach** Arborio Rice





Sweet Bell Pepper



Cilantro



Crispy Shallots



# Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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

#### **Bust out**

Baking sheet, measuring spoons, silicone brush, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Sea Bass	280 g	560 g
Shrimp	285 g	570 g
Thai Seasoning	1 tbsp	2 tbsp
Red Curry Paste	2 tbsp	4 tbsp
Coconut Milk	1	1
Red Onion	113 g	226 g
Lime	1	2
Garlic Puree	1 tbsp	2 tbsp
Arborio Rice	¾ cup	1 ½ cups
Baby Spinach	56 g	113 g
Sweet Bell Pepper	160 g	320 g
Cilantro	7 g	14 g
Crispy Shallots	28 g	56 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

- \* Pantry items
- \*\* Cook sea bass 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.





# Heat coconut milk and start prep

- Add **coconut milk** and **enough water** to make **4 ¼ cups** (5 ½ cups) **combined liquid** to a medium pot.
- Partially cover and bring to a gentle simmer over medium-high heat, then reduce to low, still partially covered. (TIP: Keep your eye on coconut milk; it can boil over quickly!)
- Meanwhile, thinly slice cilantro stems.
  Roughly chop cilantro leaves. Keep stems and leaves separate.
- Peel, then cut **half the onion** into 1/4-inch pieces.



## Roast sea bass and veggies

- Arrange peppers and sliced onions on one side of a parchment-lined baking sheet.
- Drizzle ½ **tbsp** (1 tbsp) **oil** over top. Season with **remaining Thai Seasoning**, **salt** and **pepper**, then toss to coat.
- Arrange sea bass on the other side of the baking sheet, skin-side down. Drizzle
   tbsp (1 tbsp) oil over sea bass, then brush curry paste over top, avoiding the skin side.
- Roast in the top of the oven, stirring veggies halfway through, until veggies are tendercrisp and sea bass is cooked through, 10-12 min.\*\*

Add **shrimp** to the **peppers** and **onions**. Toss to combine with the **oil** and **spices**.\*\*



#### Start risotto

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **chopped onions**. Cook, stirring occasionally, until softened slightly, 1-2 min.
- Add **rice** and **garlic puree**. Cook, stirring often, until fragrant, 1 min.
- Add cilantro stems,

half the crispy shallots, ½ tsp (1 tsp) salt and half the hot coconut milk mixture. Cook, stirring occasionally, until coconut milk is almost all absorbed, 6-8 min.



## Finish risotto

- Add **remaining coconut milk mixture** to the pan with **risotto**.
- Cook, stirring occasionally, until texture is creamy and **rice** is tender, 10-14 min. (TIP: The consistency should be similar to oatmeal!)
- · Remove from heat.
- Add **spinach** and **1 tsp** (2 tsp) **lime juice**, then stir until **spinach** wilts, 1-2 min.
- Season with **salt** and **pepper**, to taste.



## Finish prep

- Meanwhile, core, then cut **pepper** into 1/4-inch slices.
- Cut remaining onion into 1/4-inch slices.
- Juice half the lime. Cut remaining lime into wedges.
- Roughly chop **spinach**.
- Pat sea bass dry with paper towels. Season with half the Thai Seasoning, salt and pepper.

If you've opted to add **shrimp**, drain, rinse and then pat dry with paper towels. Season with **salt** and **pepper**.



## Finish and serve

- Divide coconut milk risotto and roasted veggies between plates. Top with roasted sea bass.
- Sprinkle **remaining crispy shallots** and **cilantro leaves** over top.
- Squeeze a **lime wedge** over **sea bass**, if desired.

Top finished risotto with shrimp and veggies.

**Dinner Solved!**