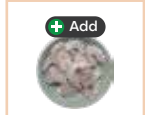




Thai-Inspired Roasted Sea Bass

with Coconut Milk Risotto and Roasted Veggies

Discovery Special 40 Minutes



Shrimp
285 g | 570 g

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If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Sea Bass
280 g | 560 g



Thai Seasoning
1 tbsp | 2 tbsp



Red Curry Paste
2 tbsp | 4 tbsp



Coconut Milk
1 | 2



Red Onion
1 | 2



Lime
1 | 2



Garlic Puree
1 tbsp | 2 tbsp



Arborio Rice
3/4 cup | 1 1/2 cups



Baby Spinach
56 g | 113 g



Sweet Bell Pepper
1 | 2



Cilantro
7 g | 14 g



Crispy Shallots
28 g | 56 g

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.

1



Heat coconut milk and start prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- 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 ¼-inch pieces.

2



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.

3



Finish prep

- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Cut **remaining onion** into ¼-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**.

4



Roast sea bass and veggies

- + Add | Shrimp**
- 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 **½ 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 tender-crisp and **sea bass** is cooked through, 10-12 min. ******

5



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.

6



Finish and serve

- + Add | Shrimp**
- 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.

4 | Cook shrimp

+ Add | Shrimp

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 a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min. ****** Remove from heat, then transfer to a plate.

6 | Finish and serve

+ Add | Shrimp

Top final plates with **shrimp**.

