



Thai-Inspired Roasted Sea Bass

with Coconut Milk Risotto and Roasted Veggies

Discovery Special 40 Minutes



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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!



Sea Bass



Shrimp



Thai Seasoning



Red Curry Paste



Coconut Milk



Red Onion



Lime



Garlic Puree



Arborio Rice



Baby Spinach



Sweet Bell Pepper



Cilantro



Crispy Shallots

HELLO SEA BASS

A light, flaky, white fish native to the western and southern coasts of Europe!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (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.



1 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 ¼-inch pieces.



4 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 **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.**

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



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.



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.



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**.

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



6 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!



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