



STEAMED GINGER-SOY FISH PARCELS

with Jasmine Rice & Snow Peas



Steam fish and vegetables in a parcel



Jasmine Rice



Garlic



Ginger



Hoki



Long Red Chilli (Optional)



Spring Onion



Snow Peas



Green Beans



Hands-on: 20 mins
Ready in: 35 mins



Naturally gluten-free



Spicy (optional long red chilli)



Low calorie

F



Eat me early

Unwrapping this parcel feels like a real gift – as long as you seal the foil up thoroughly, opening the package up reveals a beautiful aromatic steam that gently wafts up to greet you before you dig in.

Pantry Staples: Olive Oil, Soy Sauce (or Tamari Soy Sauce), Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, sieve, medium saucepan** with a **lid, wooden spoon, fine grater, small bowl, oven tray** and **aluminium foil**.



1 COOK THE RICE

Preheat the oven to **200°C/180°C fan-forced**. Rinse the **Jasmine rice** well. Add the **water (use suggested amount)** to a medium saucepan and bring to the boil. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for **11-12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed. **TIP:** Refrain from lifting the lid as this allows steam to escape and slows down the cooking process.



4 PREPARE THE FISH PARCELS

Place large squares (30cm) of aluminium foil onto an oven tray (one per person). Divide the **green beans** and **snow peas** between the squares and top with the **hoki** fillets. Spoon the ginger-soy marinade over the fish and vegetables and fold in the foil to form parcels. **TIP:** The fish and veggies will steam inside the foil parcels so make sure you fold them tightly!



2 GET PREPPED

While the rice is cooking, finely grate the **ginger**. Peel and finely grate the **garlic**. Finely slice the **long red chilli** (if using). Finely slice the **spring onion**. Trim the **green beans**. Trim the **snow peas**.



5 BAKE THE FISH PARCELS

Place the fish parcels on an oven tray and place in the oven to bake for **15 minutes**, or until the fish is just cooked through. **TIP:** The fish is cooked when the centre turns from translucent to white.



3 MAKE THE GINGER-SOY MARINADE

In a small bowl, combine the **ginger, garlic, long red chilli** (if using), **spring onions, soy sauce, honey** and a **drizzle of olive oil** and mix well.



6 SERVE UP

Divide the Jasmine rice and veggies between plates. Open up the foil parcels and top the rice with the veggies and steamed ginger-soy fish. Spoon over any remaining juices from the parcel.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
Jasmine rice	1 packet (¾ cup)	2 packets (1½ cups)
water*	1¼ cups	2½ cups
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
long red chilli (optional)	1	2
spring onion	1 bunch	1 bunch
green beans	1 packet	1 packet
snow peas	1 bag	1 bag
soy sauce* (or Tamari soy sauce)	2 tbs	½ cup
honey*	2 tsp	1 tbs
hoki	1 packet	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1840kJ (440Cal)	356kJ (85Cal)
Protein (g)	30.5g	5.9g
Fat, total (g)	2.7g	0.5g
- saturated (g)	0.5g	less than 0.1g
Carbohydrate (g)	70.5g	13.6g
- sugars (g)	8.1g	1.6g
Sodium (g)	980mg	190mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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