

# Thai Seabream

## with Coconut Jasmine Rice

hellóchef

In this recipe, you'll cook an aromatic broth, coconut rice and crispy seabream fillets.

Cals 702 • Prot 48 • Carbs 87 • Fat 23

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 20 min

R2588





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Seabream and broth	2 ppl	3 ppl	4 ppl	
Seabream 6*	330	525	660	Grams
Spring onion	40	60	80	Grams
Small red chilli	1	2	2	Piece
Fresh coriander	15	15	15	Grams
Vegetable oil	1	1	2	Tbsp
Star anise	2	2	2	Piece
Ginger garlic paste	20	30	40	Grams
Brown sugar	5	8	10	Grams
Water	150	225	300	ML
Lime leaves	3	3	6	Piece
Salt	0.5	0.5	1	Tsp
Fish sauce 6*, 10*	10	10	20	ML
Lime	1	2	2	Piece
Coconut rice				
Jasmine rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp
Coconut milk	200	200	400	ML
Water	100	250	200	ML
To serve				
Crispy onions	20	30	40	Grams

Allergens

\*6 Fish, \*10 Wheat

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2938 / 702
Fat (g)	23.3
of which saturates (g)	11.5
Carbohydrate (g)	87
of which sugars (g)	4.9
Fiber (g)	6
Protein (g)	48.4
Salt (g)	2.3

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil rice

Rinse the **jasmine rice**. Add the **rice**, a pinch of **salt**, the **coconut milk** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



2 Prep

Meanwhile, trim and finely slice the **spring onion**. Finely slice the **red chilli**. Finely chop the **coriander leaves**.

**Tip!** Sensitive to spice? Carefully remove the seeds of the red chilli, for a milder flavour.



3 Make broth

Heat a saucepan over a medium heat with a drizzle of **oil**. Once hot, add the **star anise**, **ginger garlic paste**, **red chilli (spicy!)**, **spring onion** and the **coriander** and fry for 2 min. Add the **brown sugar**, **measured water** and the **lime leaves**. Reduce the heat to medium and simmer for 5-6 min further.

**Tip!** Sensitive to spice? Go easy on the red chilli.



4 Fry seabream

Meanwhile, pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**. Heat a large non-stick pan with a drizzle of **oil** over a medium-high heat. Once hot, add the **seabream**, skin-side down and fry for 4 min or until crispy. Once crispy, flip and cook for 1-2 min further.

**Tip!** You can tell when white fish is cooked by checking if the flesh flakes easily.



5 Serve

Remove the **broth** from the heat, add the **fish sauce** and juice the **lime** directly into it. Divide the **coconut jasmine rice** among shallow bowls. Ladle the **broth** into the bowls and top with the fried **seabream**. Garnish with the **crispy onions**.

**Tip!** For a milder broth, go easy on the lime and fish sauce.