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Lemongrass and Ginger Hake

with Jasmine Rice and Green Veggies



20-30min



4 Portions

For a light and nourishing meal, it's hard to look past this simple dinner. By topping the fish with gorgeous Asian aromatics and baking it 'en papillote' (in paper), the result is perfectly cooked, tender fish infused with delicate flavour.

What we send

- coriander, ginger, 1 lemongrass stalk and 2 garlic cloves
- hake fillet ⁴
- broccoli
- carrot
- green beans
- jasmine rice

What you'll require

- olive oil
- salt and pepper
- soy sauce ⁶

Utensils

- baking paper
- grater
- large saucepan
- medium saucepan
- oven tray
- sieve

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

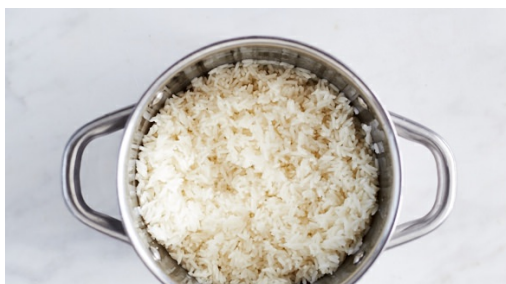
If you don't want to chop the lemongrass, cut into quarters lengthways, then squash with the back of a wooden spoon. Place on top of the fish to bake.

Allergens

Fish (4), Soy (6). May contain traces of other allergens.

Nutrition per serving

Energy 560.0kcal, Fat 13.1g, Proteins 40.0g, Carbs 66.6g



1. Cook rice

Preheat oven to 200C. Bring a large saucepan of salted water to the boil for the vegetables. Rinse the **rice** well. Place in a medium saucepan with 560ml (2¼ cups) water, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water is absorbed. Remove from the heat and stand, covered for at least 5 mins.



4. Prepare vegetables

Meanwhile, trim ends of **beans**. Cut **carrots** into batons. Trim end of **broccoli**, thinly slice the stalk and cut the head into florets. Pick **coriander** leaves (discard stems) and coarsely chop.



2. Prepare fish

Meanwhile, crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Trim ends of **lemongrass**, then very finely chop about 8cm of the lemongrass (see cooking tip). Combine the garlic, ginger and lemongrass in a small bowl with 2 tbs **oil** and 2 tsp **soy sauce**.



5. Cook vegetables

Cook the **carrots** in the pan of boiling water for 2 mins. Add the **broccoli** and **beans** and cook for a further 2-3 mins until all the vegetables are just tender. Drain well.



3. Bake fish

Lay a large sheet of baking paper that is large enough to enclose the fish on a board. Place the **fish** in the middle and spoon the **garlic mixture** over. Season with **sea salt and pepper**, if liked. Enclose the fish by folding the top edges over and tucking the ends under. Place on an oven tray and bake for 15 mins or until the fish is cooked through.



6. Get ready to serve

Fluff up the **rice** with a fork. Cut the **fish** into 4 portions, reserving any pan juices. Divide rice between plates and top with the fish and the **vegetables**. Scatter over **coriander**, if liked, and spoon pan juices over fish, if liked.