

Webfid00194hero honeyglazedwhitefish 103

## Asian Sticky White Fish

with Ginger and Sesame Vegetables



30-40min



4 Portions

Speedy and satisfying, this glazed fish takes on the flavour of the marinade and caramelises slightly under the grill, enhancing the sweet and tangy flavours. Put it together with easy stir-fried vegetables, and you have a brilliant midweek dinner.

## What we send

- hake <sup>4</sup>
- schichimi togarashi <sup>1,11</sup>
- fish marinade <sup>11</sup>
- Broccoli
- sesame seeds <sup>11</sup>
- carrot
- garlic
- ginger
- jasmine rice

## What you'll require

- Australian honey
- soy sauce <sup>6</sup>
- vegetable oil

## Utensils

- foil
- medium saucepan
- oven tray
- sieve

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

### Cooking tip

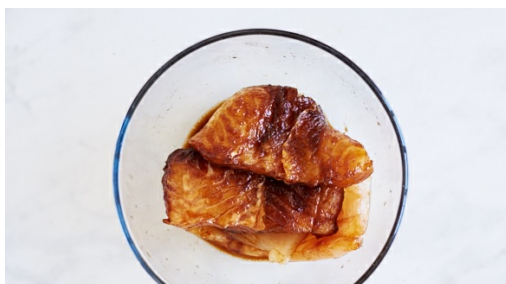
Shichimi togarashi is a hot Japanese spice mixture - omit it if you don't like too much heat.

### Allergens

Gluten (1), Fish (4), Soy (6), Sesame (11). May contain traces of other allergens.

### Nutrition per serving

Energy 675.0kcal, Fat 14.4g, Proteins 49.5g, Carbs 82.1g



### 1. Marinate fish

Combine the **yakitori marinade** with 60ml (¼ cup) **soy sauce** and 2 tsp **honey** in a bowl. Add the **fish** and turn to coat. Set aside for 20 mins to marinate.



### 2. Cook rice

Meanwhile, rinse the **rice** well. Place in a medium saucepan with 450ml water, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



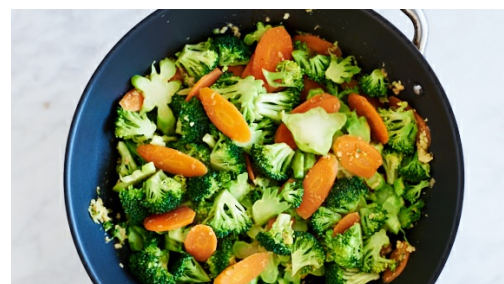
### 3. Prepare vegetables

Meanwhile, peel and grate the **ginger**. Finely chop the **garlic**. Thinly slice the **carrots**. Trim the **broccoli** and cut any large florets in half.



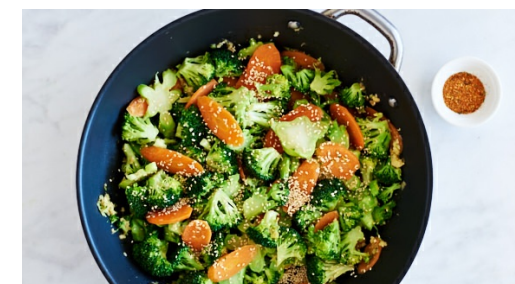
### 4. Grill fish

Preheat the oven grill to high. Using tongs, transfer the **fish** to an oven tray lined with foil (reserve marinade). Cook the fish under the grill for 3-4 mins each side until cooked through. Rest for 2-3 mins. Cut the fish into portions.



### 5. Stir-fry vegetables

Meanwhile, heat 1 tbs **oil** in a wok or deep frypan over high heat. Stir-fry the **garlic** and **ginger** for 10 secs or until fragrant. Add the **carrot** and **broccoli** and stir-fry for 3-4 mins. Add 1 tbs water, cover and cook for a further 1 min or until just tender.



### 6. Get ready to serve

Add the reserved **marinade** to the pan, stir well and add the **sesame seeds**. Divide the **fish, rice** and **vegetables** between plates. Sprinkle the parents' serves with **shichimi togarashi** (see cooking tip).