

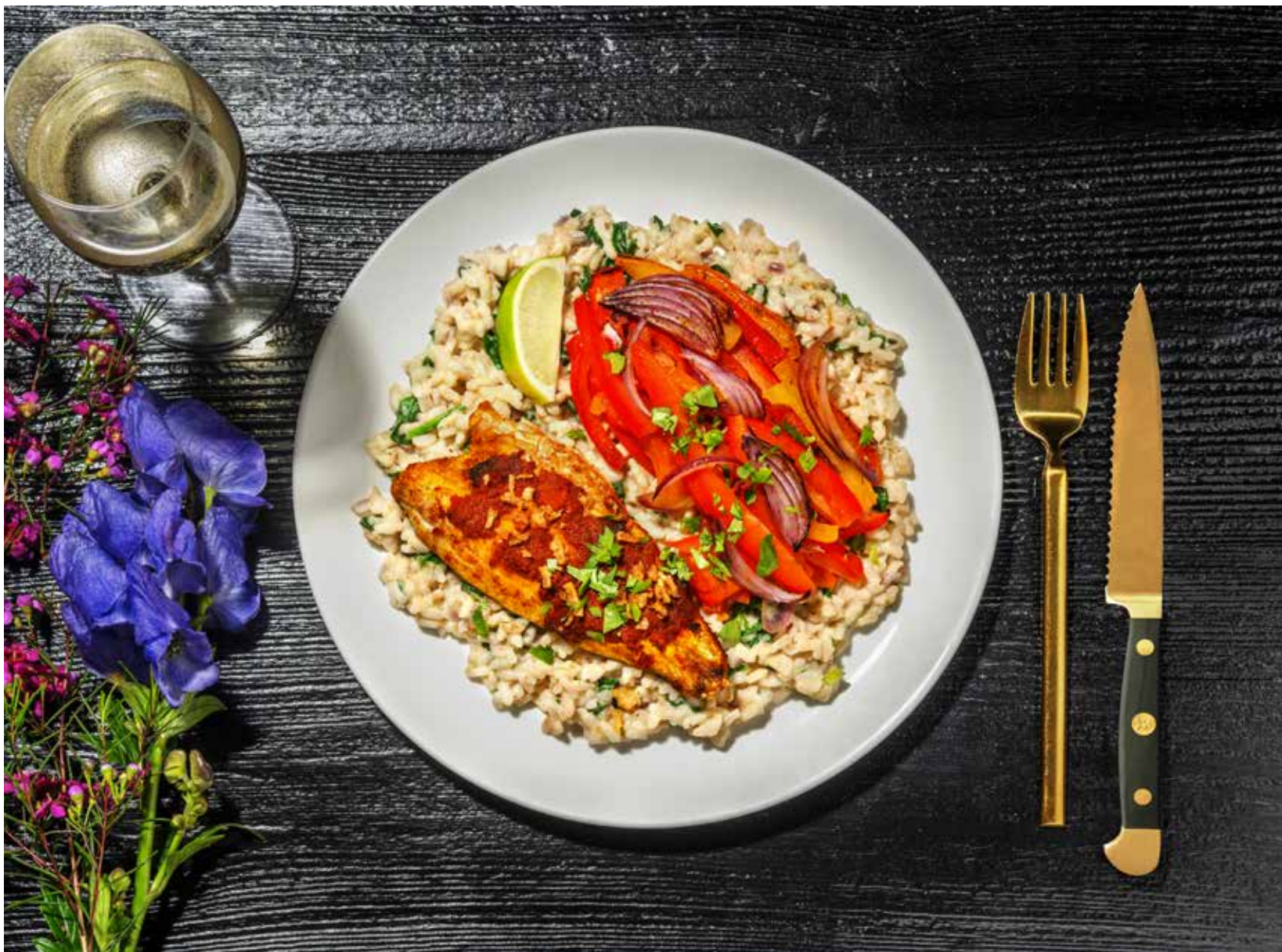


# Thai-Inspired Roasted Sea Bass

with Coconut Milk Risotto and Roasted Veggies

Discovery Special

40 Minutes



Sea Bass



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.

## Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels, parchment paper, baking sheet, silicone brush

## Ingredients

	2 Person	4 Person
Sea Bass	280 g	560 g
Thai Seasoning	1 tbsp	2 tbsp
Red Curry Paste	2 tbsp	4 tbsp
Coconut Milk	400 ml	400 ml
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 to a minimum internal temperature of 70°C/158°F, as size may vary.

## 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.*

## Contact

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## Heat coconut milk and start prep

- Add **coconut milk** and **enough water** to make **4 ¼ cups** combined (5 ½ cups combined for 4 ppl) to a medium pot.
- Partially cover and bring to a gentle simmer over medium-high heat, then reduce heat 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.



## Roast sea bass and veggies

- Arrange **peppers** and **sliced onions** on one side of a parchment-lined baking sheet. Drizzle **½ tbsp oil** (dbl for 4 ppl) 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 oil** (dbl for 4 ppl) 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.\*\*



## Start risotto

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), 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 salt** (dbl for 4 ppl) and **half the hot coconut milk mixture**. Cook, stirring occasionally, until **coconut milk** is almost all absorbed, 6-8 min.



## 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 the pan from heat.
- Add **spinach** and **1 tsp lime juice** (dbl for 4 ppl), then stir until **spinach** wilts, 1-2 min.
- Season with **salt** and **pepper**, to taste.



## 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**.



## Finish and serve

- Divide **coconut milk risotto** and **veggies** between plates. Top with **sea bass**.
- Sprinkle **remaining crispy shallots** and **cilantro leaves** over top.
- Squeeze a **lime wedge** over **sea bass**, if desired.

## Dinner Solved!