

Thai-Inspired Roasted Sea Bass

with Coconut Milk Risotto and Roasted Veggies

Discovery Special

40 Minutes





280 g | 560 g









Red Curry Paste 2 tbsp | 4 tbsp





1 | 2











Baby Spinach 56 g | 113 g





Cilantro 7g | 14g



28 g | 56 g

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. Cooking utensils | Baking sheet, measuring spoons, silicone brush, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels



Heat coconut milk and start prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **coconut milk** and **enough water** to make **4** ¼ **cups** (5 ½ cups) **combined liquid** to a medium pot.
- Partially cover and bring to a gentle simmer over medium-high heat, then reduce 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 1/4-inch pieces.



Start risotto

- Heat a large non-stick pan over medium heat.
- When hot, add 1 tbsp (2 tbsp) butter, 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 (1 tsp) salt and
 half the coconut milk mixture.
- Cook, stirring occasionally, until liquid is almost all absorbed, 6-8 min.



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.



Roast sea bass and veggies

- Arrange peppers and sliced onions on one side of a parchment-lined baking sheet.
- Drizzle ½ tbsp (1 tbsp) oil 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 (1 tbsp) oil 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.**



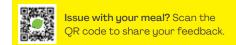
Finish risotto

- 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 from heat.
- Add spinach and 1 tsp (2 tsp) lime juice, then stir until spinach wilts, 1-2 min.
- Season with **salt** and **pepper**, to taste.



Finish and serve

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



Measurements

within steps

1 tbsp

(2 tbsp)

oil