



# One-Pot Sea Bass & Thai Rice

Serves 4

## For the paste:

1 oz. (30g) coriander, leaves picked, stalks reserved  
1 thumb-sized piece ginger, peeled  
2 cloves garlic, peeled  
1 red chilli, deseeded  
1 tbsp. sesame oil  
3 tbsp. tamari soy sauce  
1 lime, juice & zest  
7 oz. (200ml) can coconut milk

## For the rice:

7 oz. (200g) basmati rice  
4x 3.5 oz. (100g) sea bass fillets, skin scored  
2 cups (200g) green beans  
4 spring onions, finely sliced  
1 red chilli, deseeded, sliced  
1 lime, to serve

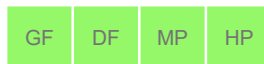
## What you need to do

Preheat the oven to 400°F (200°C).

Place all the paste ingredients into a food processor or high-speed blender, adding only half of the coriander leaves, and blitz to a smooth consistency. Set aside until needed.

Cook the rice until just cooked, then drain. Transfer the rice into a baking tray and cover with the paste, mix well to combine. Top the rice with the fish fillets and the green beans, then cover with tinfoil and bake in the oven for around 20 minutes, or until fish is cooked through and beans are tender.

To serve, divide between 4 plates, sprinkle with the spring onions, chilli and remaining coriander leaves. Serve with lime wedges.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	45 mins	487	16	57	31

\*Nutrition per serve

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